

KING Birthday remembered

The Reverend Doctor Martin Luther King, Jr., continues on his 49th birthday anniversary to be a light shining in darkness. The symphony of brotherhood which he directed was one of non-violence, but it was not passive; it had strength. King believed that freedom could ring and reign throughout America. "This is our hope," he said.

He died fighting for human rights; and Rear Admiral Lonergan in the celebration ceremony on January 17 made mention of another great statesman mourned during the week, Hubert Humphrey, who had tried to promote the same rights as King. At the time of King's death, he had made great inroads into "overcoming" in regard to racial rights; he was deep in the movement for economic justice.

Each year it is helpful to redream King's dream:

"I have a dream that one day every valley shall be exalted, every hill and mountain shall be made low. The rough places will be made plain, and the crooked places will be made straight; and the glory of the Lord shall be revealed, and all flesh shall see it together."



EARLINE OLIVER SINGS "Hold my hand, Precious Lord" at the King Birthday Anniversary Celebration. She always sang beautifully at the National Prayer Breakfast on Feb. 2.

Reflection of his 'sincere appreciation'

When Mr. Paul H. Clark was hospitalized for 2 months on Ward 8, South, he was a very sick man, but he went home and used his remaining energies to create, from a tray of apricot wood, a plaque of appreciation to all staff who in even small ways had served him.

On Jan. 17, 1978, his widow and son returned to NRMCO from their Patterson, Ca., home to be present at the dedication of the plaque, which reads:

"I would like to take this opportunity to express my sincerest appreciation and to commend the entire Medical Staff of Oak Knoll Naval Hospital for the fine treatment and service rendered to me, my family, and friends during my two months of hospitalization (May 18, 1977, to July 12, 1977.) /s/ Mr. Paul H. Clark (Ret.), USN"

And then Mr. Clark expressed his deepest gratitude and special commendations specifically to the Nurse Supervisor and Charge Nurse of Intensive Care, the Residents, Interns (33), and Corpsmen (12)—listing each by name.

In the dedication ceremony, RADM W. M. Lonergan stated that the plaque would remain on the walls of the hospital in memory of one who, though seriously ill, had thought enough to bother to thank so many people.

THE SHORT SHEET

Sea duty proposed for women

Currently under Congressional consideration is a proposed change in Section 6050, Title 10, U. S. Code, which would permit the Secretary of the Navy to prescribe a greater variety of shipboard duty to which women members of the naval service may be assigned.

Some state tax withholding begins

The Department of Defense began withholding state taxes from military paychecks in 1977. California is scheduled to withhold beginning Feb. 1, 1978. Check with your Legal Assistance Officer re your state's status.

Clothing allowance increased

The monthly clothing maintenance allowance for enlisted navy personnel was increased as of Oct. 1, 1977. The basic allowance was increased from \$5.10 to \$5.70 for men and from \$4.20 to \$4.50 for women; the standard rates from \$7.20 to \$8.10 for men and from \$6.30 to \$6.60 for women.

Airlines extend discount fares

Four major airlines—Delta, American, Eastern and United—have extended 25 per cent discount furlough fares one year.

DANTES offers documentation of skills

If you seek national documentation for skills and knowledge you have acquired in the service, you may be eligible to take certain certification examinations. Ask Education



STEVE CLARK AND HIS MOTHER, Mrs. Paul H. Clark, come from Patterson, Ca., "the apricot capital of the world," to dedicate a plaque created and given to us by father and husband. RADM Lonergan, our Commanding Officer, expresses appreciation of the Medical Center.

and Training about the Defense Activity for Non-traditional Education support certification and licensing programs.



Love is patient; love is kind. Love is not jealous. It does not put on airs, it is not snobbish. Love is never rude, it is not self-seeking, it is not prone to anger; neither does it brood over injuries. Love does not rejoice in what is wrong but rejoices with the truth. There is no limit to love's forbearance, to its trust, its hope, its power to endure.

There are in the end three things that last: faith, hope, and love, and the greatest of these is love.

—1 Cor. 13:4-9

VALENTINE'S DAY

Pepperdine, UNC and Peralta announce classes

Today is the last registration date for Pepperdine University's course offering in *Human Relations: Interpersonal and Intergroup Behavior*, HRM 654. Human resources management courses will appeal to individuals who seek to improve employee performance, responsibility and creativity.

Detailed information about the Master of Arts studies in this academic area may be secured from Richard Spencer, Coordinator, telephone: 765-6329. (Civilian employees of the Command are eligible.)

The seminar dates for the Master of Science in Business with specialization in health care administration, offered by the University of Northern Colorado, are Feb. 10 to 12, and Feb. 24 to 26, 1978. These seminars offer educational opportunities to learn broad management responsibilities within the complex health care delivery system. (Open to active duty military personnel and their dependents.)

Please phone Education and Training, ext. 2237, for further reference.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM W.M. Lonorgan, MC, USN, Commanding Officer
CAPT Victor M. Holm, MC, USN, Director of Clinical Services

CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services

LCDR Charles R. DeKrey, MSC, USN, Assistant Director of Administrative Services, Public Affairs Officer

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ROOM NEEDED before HM1 Vincent Fernandez can add to his array of decorations. He has earned retirement cum laude.

HM1 Fernandez retires with 22 years of service

He's leaving, retiring, before most of us on the compound could know what a distinguished person was in our midst. That's HM1 Vincent R. Fernandez.

He looks down at his array of ribbons and can hardly remember what they were all about. Almost since he first enlisted in the Navy at Sangley Point, Philippines, and from the first duty aboard the USS Bon Homme Richard, Fernandez has been receiving recognition.

He has them: Medals? the Vietnam Armed Forces Expeditionary and Service Medal with FMF Combat Operation insignia with six campaign stars; National Defense Medal; Navy Commendation Medal with Combat V device; Bronz Star with Combat V device; and six Good Conduct Awards.

Give Petty Officer Fernandez pause to remember. He holds the Purple Heart, Presidential Unit Citations; Meritorious Unit Commendations; Navy Unit Commendation with FMF Combat Operational device; Combat Action Ribbon; Armed Forces Gallantry Cross with V device; RVN Service Medal with 1 device; RVN Civic Action Medal; and Republic of the Philippines Presidential Unit Commendation (two awards), a member of the DART (Disaster Assistance and Relief Team).

LCDR W. Self, who works in Environmental Health with Petty Officer Fernandez served with him in a Marine unit in 1965 and 1966. The respect for pride Self then held for his friend has dimmed. "He's some Guy!" he stresses.

Job openings for NAS/USO

USO Dependents' Assistance Program located in building 2, Wing 1, at Naval Station Alameda, through a local CF grant, will be able to hire additional staff aides in early February 1978. Two people will be hired as community outreach workers, and one person as an information and referral specialist.

In addition to the qualifications listed in the job descriptions, the applicant must have been unemployed for the past four weeks; must be a resident of the City of Alameda; and have a family income under a certain level.

Pass the word to friends. Military dependents are encouraged to apply. Contact Susan Foulkes, 869-4256.

Change in Staff Sick Call

Immunizations are given between 8 a.m. and 4 p.m. only. Sick call hours are 8:30 a.m. and 1 to 3 p.m. Emergencies are seen at any time.



NO WHEEL OF FORTUNE THIS, but the work wheel of the Appointments Desk crew. Lillian Winfield, Supervisor, is standing near Gloria Grasso. Circling right is Kathleen Black, Prudence Vukman, Joan Boltwood, Audrey Buckler, Mary Turner, Gladys T. Mitchell and Elizabeth Hallinan. The hard working crew may appear to be talking to the air, but the system brings it in loud and clear. If anything goes wrong, the little guy in the center, called "Whack Jack," really gets it!



Doctor in the spotlight. . .

By John Brindley

CDR James W. Winebright is a physician whose relatively new medical specialty has been confused with everything from chemotherapy to the bionics of the "Six-Million Dollar Man."

"Nuclear medicine is simply the use of radioactive materials for the diagnosis of a variety of diseases," explained the 41-year-old Chief of the Nuclear Medicine Branch at Navy Regional Medical Center Oakland. "People often mistake radiation therapy and nuclear medicine. In fact we don't treat cancer at all except in the thyroid gland."

Training programs

Winebright is one of only four nuclear medicine physicians in the Navy. "We're fairly unique in the Bay Area because we have a training program for both residents (doctors) and technicians (hospital corpsmen)," Winebright said. "In general, we're doing as many—if not more—new procedures and nuclear studies as the other hospitals in the East Bay."

Diagnostic aid

Nuclear medicine is especially important in diagnosis. "By using various detecting equipment," the tall, slender physician explained, "we can see certain organs and

areas such as bone marrow or blood clots in the lungs that cannot be seen with routine x ray.

This Illinois man, who graduated with honors from medical school at the University of Chicago in 1964, said he saw a need for doctors in the nuclear medicine field and "sort of fell into it."

"I had some experience in medical school using radioactive materials for a research project," he said. "When I was in residency at the University of Washington at Seattle, from 1964 through 1969, my boss was the head of the nuclear medicine department. He was just starting a nuclear medicine training program and since I had some experience, he convinced me that I should get into it."

Misconceptions

Winebright, who loves hiking, backpacking and music, admits that a lot of misconceptions exist about the dangers of radioactive materials used in nuclear medicine practice. He said that during early research in the field most of the work was done with cancer patients and the only materials available were more hazardous than those available today.

"We sort of got branded as a cancer re-

search field," he said. "But radiation therapy uses very high energy doses of radiation to treat cancer, and in our situation we're at the other end of the scale. We use the least we can because we don't want to harm the patient. In fact, most of the material we use has a half-life of only 6 hours and really poses little danger."

Navy preference

Why does a man like Dr. Winebright—who could easily make 5 times more money in civilian practice than in the military—stay with the Navy?

"I personally think of the tremendous problems that private hospitals and universities are having with funding. If one is interested in clinical research or training, one can do it in this setting with perhaps less hassle, and I suppose economically more conveniently than in most other settings."

He added, "If one's background is adequate to qualify for a training program, one can get into almost any Navy institution that has that training program. A highly qualified, bright individual can write his ticket because we need doctors desperately. And I certainly would encourage anybody in my field to consider Navy practice."

Dr. Winebright explains a medical procedure to two helpers at NRMC Oakland teaching hospital.



'Good morning, Appointment Desk'

The Central Appointments section is equipped with an automatic call distributing system (ACDS) which automatically directs incoming calls to available clerks until all are busy. Thereafter, the system proceeds to stack calls until all ten lines have been used.

As each clerk completes a conversation, another call is automatically directed to her station and the process continues in order until all calls are handled.

To route patients to the proper clinic or doctor, it is not always easy for the operator to gain knowledge of the medical problem. Occasionally humorous answers at least break the routine:

Caller: I need an eye appointment.

Operator: Do you have glaucoma or a cataract?

Caller: No, I don't have a Cadillac.

Operator: What clinic do you wish to go to?

Caller: Internal Revenue.

Operator: What part of the anatomy is affected?

Caller: I don't know, lady; it's up on the 4th floor!

Caller: I think I'm pregnant.

Operator: I'll make a prenatal appointment for you. How far along are you?

Caller: I'm at 82d and Bancroft.

Operator: What branch of the Service is your husband in?

Caller: I don't know.

Operator: Well, what kind of uniform does he wear?

Caller: Uniform?

Operator: Yes. Just tell me what color it is?

Caller: Just a minute. Honey, what color is your uniform?

Caller (Male): I'd like to make an appointment in GYN.

Operator: For your wife?

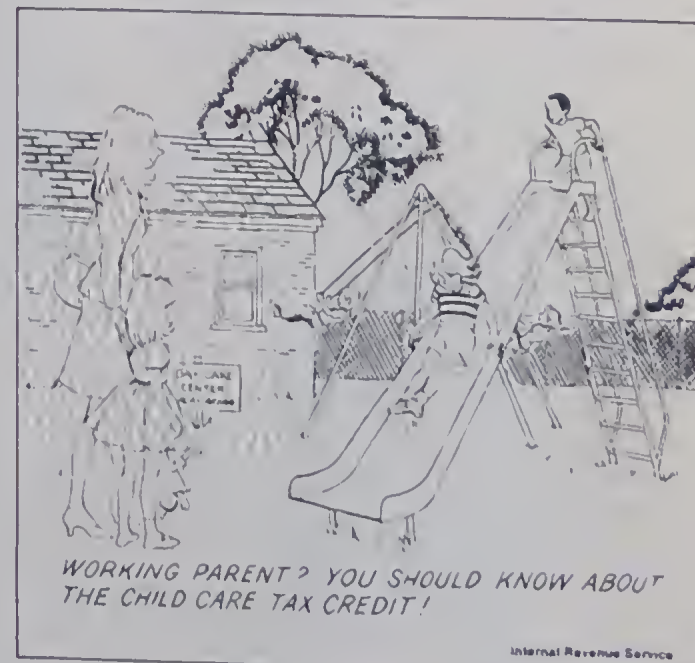
Caller: No, for myself. I'd like a vasectomy.

The poor appointments clerk daily receives requests in which the patients are just too descriptive of the ills; or patients are so vague as to require a good amount of telephonic research before correct assignment can be made.

You can help

Callers can add greatly to the efficiency of the answerers at extension 2501 if they state name, address and telephone number distinctly, and have medical card in hand to give correct identification. If making a first appointment, a concise explanation of the medical problem will facilitate assignment; or if requesting a followup appointment, the name of the previous doctor should be given.

Appointment desk. At your service!



Internal Revenue Service

Old buildings serve nobly



So much takes place on the administrative deck of building 500 that it is easy to forget all other activities that make up the whole medical center. However, out in old building 65-A is the

District Medical Office. The crew has been quietly carrying on the business relating to overseas Pacific medical administrative affairs at that site for over a year.

Additionally, all of Utah, Nevada (except Las Vegas) and most of California (to the Oregon border and southeastward to Bakersfield) are within the jurisdiction of the office. A similar office at Dover AFB, Delaware, takes care of Atlantic overseas personnel.

If a fatal accident were to happen to a Marine Corps or Navy person at Reno, for example, this office, headed by HMCS Emilio S. Lansang, would take medical cognizance of the happening. Duties might include providing a uniform with decorations, or arranging burial at sea if requested. The office pays emergency medical bills of active duty personnel on leave from their station; it helped 24 military families following a recent tragedy in the Philippines.

Office personnel are Mrs. Jean Jones and Mrs. Jan Peeler, HM2 George Gagnon, YN2 D. Peoples and HM3 B. Twilleager.



NOT ALL OUTLYING BUILDINGS are boarded up; as is the building on the right; some have been "Born Again." The Navy Lodge has served for years, but two more old buildings have recently returned to service, housing the District Medical Office and the Child Care Center.



JERRY EIDE ATTENDS TO A HOUSEKEEPING CHORE at one of the rooms in the Navy Lodge. She has run the lodge for the last 10 years.

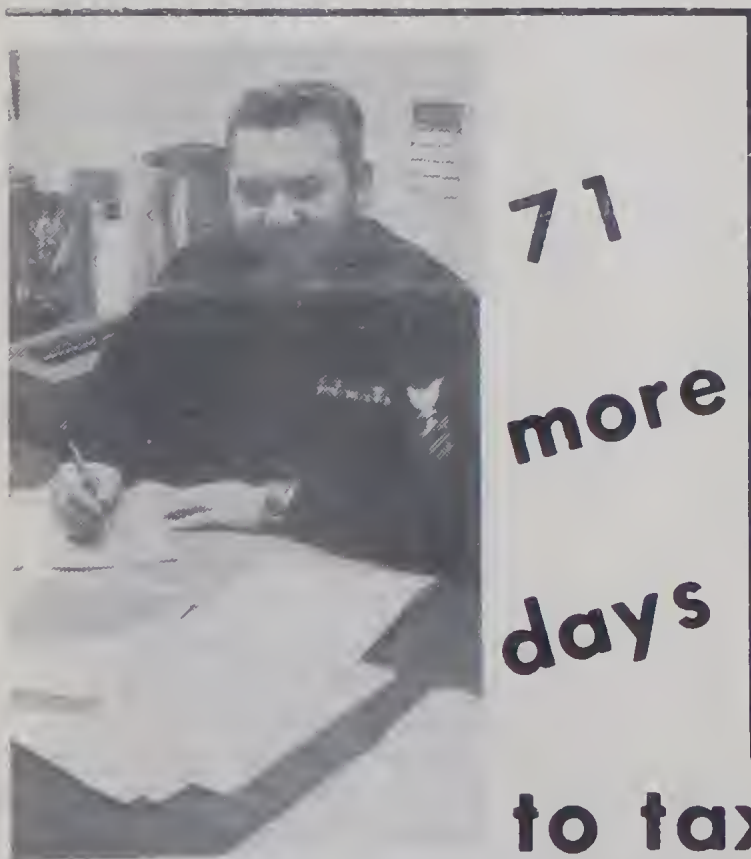
On-base motel a sometime blessing

The 18 rooms at the Oak Knoll motel are not pretentious. In fact, they are somewhat like the motel rooms one found in the 1940's coming westward on Highway 66. But for many patients and families of the seriously ill, those rooms with small refrigerator units, reading lamps, bed and chest of drawers prove to be real blessings.

One keeps family members near loved ones without the need to transverse busy free-

ways; food is available on base; washers and dryers are handy for motel guests; a library is nearby or a movie can help pass an evening. Additionally, the rentals are at very nominal fees.

Families of patients from as far east as Maine or westward to the Philippines or Japan use the motel. The 18 rooms have been at full capacity for December and January. An I. D. card is required for eligibility.



to tax filing deadline

LN1 EARL BAUGH will be smiling at the end of the tax season only if work flows smoothly. Don't wait until April 14 to seek tax help!

Plenty of time to gather tax information before filing deadline, April 15?

Don't be too smug about that! Today you have over two months; tomorrow you're making a midnight drive to the post office, hoping to get a valid stamp affixed to save yourself penalty. F day. It arrived that fast.

LN1 Earl Baugh, of your Legal Service, is ready to assist in pre-

paring your tax return right now "Assist" means to help you, not to do it for you. He has returned from a tax conference at Treasure Island and will either be able to tell you what not to do, or to quickly get an answer to your questions.

Petty Officer Baugh advises that everyone probably received California's "Book 540." Unless you received a further statement from California, you can disregard 540 because as a military person you are probably not taxable under California law. If you received a letter from the Sacramento office, that is another matter. It needs your attention.

If you desire that someone prepare your return for you, professional income tax service is available at the Special Service office, building 38, second floor. The service is provided by The Harris Company, a private institution, for reasonable discount fees. Their representative, Mr. William Johnson, is available every Wednesday and Thursday from 10 a.m. until 1 p.m. and 1:30 until 5 p.m. If there is a sufficient response by the military, Mr. Johnson will be here every day, Monday through Friday.

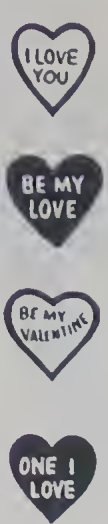
Call for an appointment at 639-2478, or just walk in

**WOULD
YOU GIVE
YOUR
BLOOD
TO HELP
A RELATIVE
OR
A FRIEND
?**

Day Care Center remodeling complete



LUNCH OF MACARONI AND CHEESE, hot dogs, fruit cocktail and milk is prepared by Supervisor Oletha Murry. Cookies and juice are served at snack time at the Child Care Center.



As you approach the Medical Center from the Keller Avenue entrance, to the right is the new Day Care Center in remodeled building 62-A. Most of the walls are happy sunshine yellow and orange; and the floors are a shiny, mopable vinyl pattern. However, the children carry on no differently in play than in the old nursery, although there is much more room.

In fact, one of the four attendants complains that the walking distance with all the room takes a bit more of her energy by day's end. Attendants are Angela Boyce,

Frances Hildreth, Johnnie Penn and Linda Sila. Oletha Murry is the supervisor. She has a degree in Early Childhood Training from Ohlone College, Fremont.

About 35 children a day is the average attendance at the Child Care Center; and there are 16 children presently enrolled who attend from 7:30 a.m. to 5 p.m.

Appointments may be made and prices secured by calling 639-2010. The care is provided basically for children of Navy Exchange personnel and military staff and dependents.



CHILDREN AT THE NEW CHILD CARE CENTER vie for camera coverage whether with books at a table, playing house, riding the horsie, marching as toy soldiers or dressing as firemen.



ANGELA BOYCE ENCOURAGES a little one to return to bed when he starts to perform a climbing act; and Johnnie Penn cuddles one little sweetheart and shares attention with another, hopefully settling for a nap.



WHY DOES IT
HAVE TO BE
A RELATIVE OR
A FRIEND
?

GIVE BLOOD
ON
MARCH 8
AND
HELP SOMEONE

*Maybe even little ones
such as these?*



SPORTS

BOXING CHAMPIONSHIPS

The 12th Naval District boxing championships will be Feb. 14 and 15, 1978, at 8 p.m., in the gym at Treasure Island. The tournament will be a single loss elimination type tournament under AAU rules. Refer questions to HMC Canning, ext. 2479.

EVENTS UPCOMING

- Feb. 6, Volleyball, 12ND Men/Women's Invitationals
- Feb. 7, Boxing, Navy-Intercollegiate, Mare Island
- Feb. 11, Wrestling, 12ND Championships, Mare Island
- Feb. 14-15, Boxing, 12ND Championships, Treasure Island
- Feb. 25, Boxing, Invitational, UC Berkeley at NAS Lemoore
- Feb. 27-Mar. 3, Volleyball, 12ND Women's Championships, NAS Alameda

Early notice of Valley Forge Patriots awards

(Phone ext. 2479 for more information)

The Freedoms Foundation offers early notice of their annual letter writing contest so service members can think over "Why am I in the uniform of my country?"

The answer may be a letter, essay, poem or simple statement between 100 and 500 words, and entries should be sent directly to the Freedoms Foundation, Valley Forge, Pa. 19481.

The writer should give full name, rank, service/Social Security number, branch of service and permanent home address.



Dosie-do and around they go,
Ladies go gee, and the gents go haw,
Swing your partners, EVERYBODY swing!

Wive's Club dinner-dance set

Instead of a tasting luncheon for February's entertainment, the officers' wives have scheduled a country-western dinner-dance on February 10, at the O'Club. Fellows, put on your stomping shoes; and, gals, wear your full petticoats. The Ghost Rider group will teach you to square dance, if you are not proficient at it already.

The group will give demonstration dances and then you can get right in there and have a try at it! Yessiree, sweethearts, bachelors, nurses, couples, lone gents and ladies are encouraged to join a square. (If you broke a leg on a weekend ski trip, come on and watch anyway.)

Wine tasting will start at 6 p.m., with a barbecue following at 8:30; and for \$6.50 per person it would be extravagant to eat at home.

Laurie Gratiot, telephone 276-1558, is handling reservations.



A get-in-shape warning is being given early concerning a 3 miler and a 7.6 miler to be held rain or shine at NAS Moffett Field at the north end of Hangar One on June 4. There are race divisions for even the ages 11 and under.

Ron Brown, ext. 2350, has eligibility and registration information.

...

Our base has one runner who has fame in the High School Tracks and Records book. Forrest Beaty, Adolescent Clinic, back in 1961 set an interscholastics track record in Glendale, Ca., doing the 220 yard dash in 20.2 seconds. The record still holds.

Answers to cryptogram
Corpsman, nurse, reup, doctor, RX, Navy, shots, BEQ, RN, CO, X ray, sex, beer, blood, DOD, colors, OOD, rules, flag, school, exam, pay, deck, aye, ebb, gig, key, rope, CPO, dog, mess, pipe, mom, SOS, flu, end

Movies

- Saturday, February 4
- THE AMAZING MR. BLUNDEN—Enc Hitty, Reg Lye—Comedy G
 - MR. BILLION—Terrance Hill, Jackie Gleason—Comedy
- Sunday, February 5
- ISLANDS IN THE STREAM—George C. Scott—Drama PG
- Monday, February 6
- GOING MY WAY—Bing Crosby, Barry Fitzgerald—Comedy G
- Tuesday, February 7
- THE REINCARNATE—Jack Creley, Jay Reynolds—Horror Drama PG
- Wednesday, February 8
- EMPIRE OF THE ANTS—Joan Collins, Robert Lansing—Science Fiction PG
- Thursday, February 9
- SLAP SHOT—Paul Newman, Strother Martin—Action Drama/Comedy R
- Friday, February 10
- THE GREAT TEXAS DYNAMITE CHASE—Claudia Jennings, Jocelyn Jones—Action/Drama R
- Saturday, February 11
- BUCK ROGERS: DESTINATION SATURN—Buster Crabbe, Constance Moore—Science Fiction G
 - CHARLEY AND THE ANGEL—Fred MacMurray, Charles Leachman—Comedy G
- Sunday, February 12
- VOYAGE OF THE DAMNED—Faye Dunaway, Max Sydney—Drama PG
- Monday, February 13
- MARATHON MAN—Dustin Hoffman, Laurence Olivier—Action Drama R
- Tuesday, February 14
- THE RESCUERS—Animated Cartoon—Comedy G
- Wednesday, February 15
- BLACK & WHITE IN COLOR—Jacques Dufilho, Rouverol—Comedy/Drama PG

For that Friday lull (?)

R	W	A	L	G	A	L	F	E	B	B
U	L	O	O	H	C	S	N	Y	P	C
L	N	U	R	S	E	A	M	A	N	O
E	N	D	M	O	M	B	E	E	R	L
S	T	O	H	S	E	X	R	A	Y	O
F	B	O	P	Q	R	E	U	P	S	R
S	L	R	I	N	G	A	M	E	S	S
C	O	U	P	C	E	X	A	M	K	D
C	O	D	E	P	N	R	O	P	E	E
L	D	O	D	O	C	T	O	R	Y	C
G	I	G	P	A	Y	V	A	N	O	K

The cryptogram above will be easily solved by corpsmen or any Navy person. Words run forward, backward, diagonally, up and down and overlap. Abbreviations are valid. Fill in the blanks below first; then find the word.
(Answers this page)

- One can be a male or female — — — — —
- One can be a male or female — — — — —
- A reenlistment nickname — — — — —
- Head of a Service is usually one — — — — —
- A prescription — — — — —
- The branch of Service that is tops — — — — —
- A corpsperson doesn't give them — — — — —
- Many enlisted men reside there — — — — —
- A civilian, not an LVN — — — — —
- Ours seeks Feedback — — — — —
- A help to diagnosis — — — — —
- Can now sometimes be determined before birth — — — — —

- Available at The Porthole — — — — —
- Makes one think of CDR Warren — — — — —
- We're under it — — — — —
- Hoisting of — — — — —
- The 2d deck locates him — — — — —
- You better obey them — — — — —
- Deserving of a salute — — — — —
- It usually pays off — — — — —
- It may advance you — — — — —
- A most important consideration — — — — —
- Corresponds to floor — — — — —
- Two means yes — — — — —
- Flowing out of the tide — — — — —
- Boat of the Commanding Officer — — — — —
- Quay is pronounced — — — — —
- That with which knots are tied — — — — —
- One gets initiated — — — — —
- Not Navy's mascot — — — — —
- The hall where chow is taken — — — — —
- Performed by the boatswain — — — — —
- Have you written her lately — — — — —
- A call for Help! — — — — —
- Once there was an epidemic — — — — —
- A finish to this E N D

THE OAK LEAF

L. 40 No. 4

Naval Regional Medical Center, Oakland

Friday, February 17, 1978

Kovatch selected for BOOST program

When Navy recruiter Bob Stone in Bremerton, Wash., told Eric Kovatch that the Navy was what you make out of it, Eric must have been listening. He was recently selected for the Navy's highly competitive college preparatory BOOST (Broaden Opportunity for Officer Selection Training) Program. The Townsend, Wash., native learned of his honor while stationed at the Naval Branch Dispensary, Treasure Island.

The BOOST program gives selected junior enlisted men and women the opportunity to become competitive for college admission via the Navy's reserve officer training corps (NROTC) program.

Eric left San Francisco for San Diego early this month to begin BOOST's 6 weeks to 17 months of self-paced curriculum. Shortly before com-

pletion of the BOOST instruction Eric will be eligible, and more important competitive, to apply for admission to one of the fifty plus colleges and universities that offer the NROTC program.

"In high school all I could think about was getting out," said the 1976 Port Townsend High graduate. "But now that I'm married and a little older I've come to realize that to get where I want to go I gotta' get a college education."

Where is Eric Kovatch going?

"I want to go to the University of Washington. I'm ready to get moving toward a commission," the 19-year-old Navy hospital corpsman said. "I enjoy medical work very much, but I've sorta decided that given the chance I'd like to fly a Navy jet."

Eric may have his chance!



ERIC KOVATCH TRIES ON A DREAM FOR EFFECT. He can justly boast his selection for BOOST.

Varning to dieters!

During the past 12 to 24 months, various diets, and in particular the liquid protein diet, have become quite popular. In recent bulletin (FDA Drug Bulletin, Vol. 8, No. 1), the FDA has reported that some patients have died while on the liquid protein diet. Many of these patients had problems with high blood pressure, heart disease, diabetes mellitus and renal failure in addition to their obesity, but some who had had none of these problems and were quite young.

For those members of the Oak Knoll community who are considering such weight reduction programs or who have already started such programs on their own initiative, a few words of caution are in order. The original work in the "modified fast protein sparing" therapy for obese patients originated at Harvard University under Dr. Blackburn and has been subsequently popularized by Dr. Linn. **The Last Chance Diet.** This experimental work is continuing and much is still not known about the body's physiological response to the nutritional alterations presented by the liquid protein diet.

The use of liquid protein for weight reduction should be pursued with caution and **only** under the supervision of a physician. The use of the liquid protein as the sole daily calorie source cannot be recommended at this time until more is known about the abnormalities which develop under such a program.

**Make a
reservation to
give blood
March 8.**

THE SHORT SHEET

Navy Relief Society offers loans for education

The Navy Relief Society is offering interest free loans (up to \$1,500 yearly based on need) to children of Navy and Marine Corps servicemen to assist in college or vocational training. Application deadline is March 15.

Navy Memorial Foundation holds founders meeting

A non-profit organization dedicated to erecting a monument in the Washington area to all Navy personnel and to establishing a scholarship fund for the children of Navy personnel held its founder's meeting last month.

Sailor of the Year program announced

Details on the fiscal year 1978 CNO Sailor of the Year program have been announced in BUPERSNOTE 1700 of Jan. 6, 1978. All Navy active duty personnel in paygrades E-4 through E-6 are eligible to compete. The Sailors of the Year will be advanced to the next higher paygrade and receive other special benefits.

Chapel of Hope

We all get into slumps from time to time, feeling sluggish, huffing and puffing on the stairs, wheezing when we bend over to tie

Father Dave Becker

I have now reviewed the Advisory Board's recommendations and have concurred with one location, that being on the first floor of "A" Wing. I have instructed the staff Public Works Officer to proceed as soon as possible on the installation of the new facility. While unforeseen problems may arise, the Public Works Officer tells me that work should begin in 2 weeks and be finished 6 to 8 weeks later.

All letters should be addressed to "Ask the C.O.," c/o Commanding Officer, NRMCC Oakland. Either the guard mail or the regular mail may be used. Letters must be signed so that in case a clarification is needed as to the exact question we can contact the questioner. I will withhold from publication or other dissemination the name of the questioner if requested in the basic letter.

RADM W.M. LONERGAN

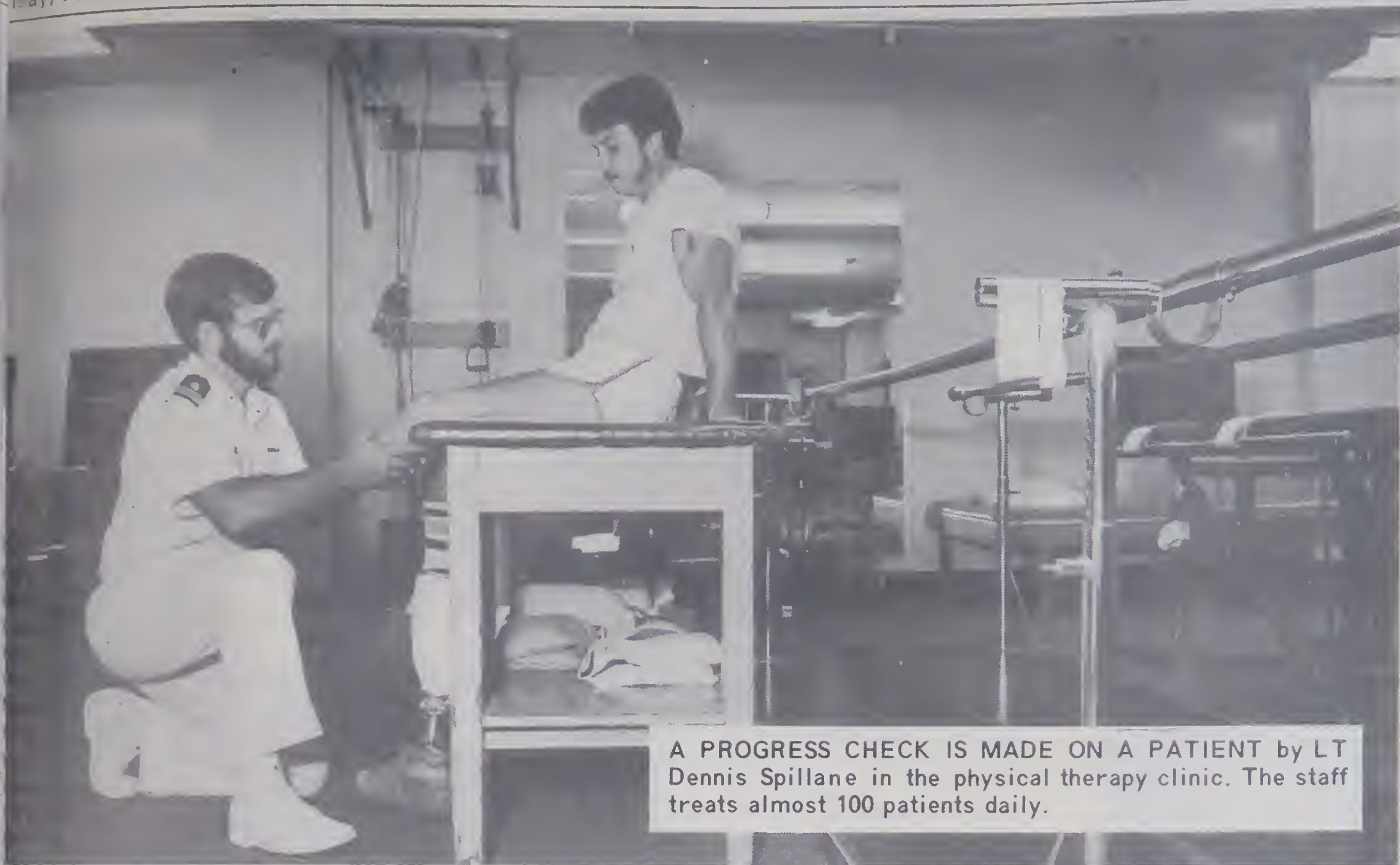
EXAMPLE: A man with 30 years service, making \$15,000 average for the last 3 years, will have a percentage figure of 56 per cent. ($30-2=28 \times 2=56$) Fifty-six per cent of \$15,000 equals \$8,400, which divided by 12 gives \$700, or a fair approximation of the man's monthly retirement expectation.

Mrs. DeFelice began work as a volunteer with the Red Cross during the Korean conflict, when she worked at Tripler Army Hospital, Hawaii. She says she enjoys the wide variety of patients at Oak Knoll. This, she says, is dim recognition for her dedication and the value of her work.

[illegible]

Civilian staff who read the POD abreast of important events and inform of visitors of the command aboard. A minute scanning will prove a valuable investment of time.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF. Naval Regional Medical Center, Oakland, CA 94627.



A PROGRESS CHECK IS MADE ON A PATIENT by LT Dennis Spillane in the physical therapy clinic. The staff treats almost 100 patients daily.

Motivation, key to rehabilitation

The room pictured above is no gymnasium. The pulleys, sandbag weights, barbells and other athletic gear are not used in Special Services' sports programs. They are part of the physical therapy program which helps patients overcome injuries and resulting limitations.

The equipment may be ordinary, but physical therapists at Oak Knoll put it to special use. Amputees or the seriously injured eventually may run, snow ski or play tennis, volleyball or basketball.

"All that is required is motivation," says LT Dennis Spillane, a physical therapist at our Medical Center.

The ability to inspire that motivation was the ingredient that made Oak Knoll especially successful back in World War II days. Emotional as well as physical damage had to be mended before veterans went back into their communities as producing citizens.

In the days of the old wooden wards, a new arrival was

never an object of pity. As likely as not, he might be challenged to a chariot (wheelchair) race, with a wager made on the timing. When a man was able to laugh because a nurse had failed to find a bottle stashed in his wooden leg, then he was on the road to recovery. The group transmitted a never-say-die spirit that made it all easier.

Today there are fewer persons to a ward. Spillane believes that if the physical therapist can instill a sense of self-confidence in the patient, the actual physical therapy becomes easier. "It's up to the therapist," he said, "to help the patient set new goals for himself."

"If the patient has no desire to adjust to his new situation, he can be his own worst enemy. The day a patient stops dwelling upon what he used to do and starts thinking about what he'll be able to do, you have a positive indication of improvement."

Isn't that a truism for all of us?

Drug Fair

Ongoing education

The first Thursday of each month is a special day—Drug Fair, that is.

At an educational institution such as Oak Knoll, doctors and nurses are usually the teachers, but sometimes they become the students who are informed by the pharmaceutical industry concerning some of the new medicinal drugs.

It is not possible for each drug or scientific publication company to have a detail person present each month because of limited space. Therefore, the Pharmacy Service schedules 11 to 15 companies for display of products about three times a year.

On Feb. 2, the companies at the Drug Fair were the pharmaceutical representatives of Abbott, Armour, McNeil, Reed and McKnight, Roerig, Sandoz and Westwood. Syntex Laboratories, Inc., and Schering Ingelheim, Ltd. were represented, as were book publishers S. Karger and Saunders.



WHEN ONE ATTENDS A DRUG FAIR no report card is given as to whether attendance is influenced because of true desire for knowledge or because doughnuts and coffee are too enticing. Here LT Terry Rittmeyer, who helps with sponsorship of the Drug Fair by Pharmacy Service, inspects a structure representing a chemical molecule.

DT3 David Rose chosen seaman of the month



DT 3 David Rose

Doing well in the Navy seems to be a trait for the Rose family of Fresno, California. Not only is DT3 David A. Rose of our Dental Department NRMCO Oakland's Sailor of the Month for December but his brother, LTJG Richard C. Rose is Sailor of the Quarter for his command, Camp Smith, Hawaii.

Actually however there is a third sailor who has ties to that same family. Her name is DT3 Bonnie Rose, wife of our Sailor of the Quarter. Bonnie works in the Dental Annex.

Our Awardee lists fishing and customizing his van as his prime hobbies. When asked what he wants from life David answers quickly. "I want a college education and then medical or dental school."

Stand back world because here comes David Rose, his wife Bonnie and his brother Rick. They are on the pathway to success. Mom and pop should be proud.

Davis Agency now schedules Hawaii R & R flights

Military personnel around the world have come to view the air charter service of Davis Agency from New York as their own. The service provides for the Coast operation, overseas and Hawaii charters for servicemen, DOD personnel and their families.

Low cost flights to Honolulu from Oakland start in May to depart on Fridays and return on Thursdays via World Airways 747. Some tours are available to civilians. You may phone 1-800-336-4539 or 415-2479 for flight information.

Special Services also has a Seno Tours tour to Hawaii, in cooperation with The Wind Tours, which is for 7 days and 7 nights. Or a Western Airlines tour, 7 days, 7 nights.

Why not drop in or phone Special Services. Fares are very exciting!

This story says a mouthful

The way to a sailor's heart is through his stomach. A key to the patients recovery is his diet. These two statements, one an old sea tale and the other a clinical fact, just about sum up the operation of NRMCO Oakland's Food Management Service. From well before the first call for "Two over easy," until much after the last glass of milk has been drunk at midnight, the 77 employees of food service work continually to provide meals for the staff and patients alike.

Perhaps typical of the complexity of food service operations is the Special Diets branch. Special Diets has three chefs, James Barnes, Ellis Harris and Eugene Parrish. Because of the modifications of Special Diets the three cooks will never be a threat to the Galloping Gourmet. Yet they exercise a discipline which is every bit as professional as "a pinch of this and a dash of that" is artful.

Such special diets as liquid, calorie controlled or low sodium, may not sound very exotic to you or me but when that's what the doctor orders for recovery then

that's what Mr. Barnes, Mr. Harris and Mr. Parrish cook. In all, over 150 special diets are prepared daily by this trio.

Shrimp Number 1

But not everyone is on a special diet. What about the rest of us?

According to food service statistics the most popular entree at the hospital is shrimp. Roast beef is the second most popular, followed closely by spaghetti.

Built into the working schedule of the Food Service division is a complex training program. Not only are they serving an average of 1,500 meals a day, seven days a week, they are also training replacements for the employees who retire or move on to other jobs. Only by training for upward mobility "in house" can Food Service be assured of being able to provide the best of meals next year and the year after.

Whether it is a special diet or simply fried shrimp, Food Management Service is, as its name implies, a full service for the entire hospital.



NPRL designs cart

Little Amber became a go-go girl for the first time in her life around the first of the year 1978. Amber is an orthopedic patient at NRMCO, and has had her legs in casts for the most of her 23 months.

Mrs. Terry Repp, of Alameda, mother of Amber, found that as her young daughter became older and heavier carrying her became increasingly wearisome. To the rescue came the engineers of the Navy Prosthetics Research Laboratory (NPRL)! Phil Harkov, Gene Helmuth and Leroy Dunn executed a go-go cart and now Mrs. Repp wonders how she ever managed without it.



JAMES BARNES AND EUGENE PARRISH verify that a certain patient is to receive a "dental liquid" lunch. Another special diet chef, Ellis Harris, will guide preparation of special diets on the next shift.

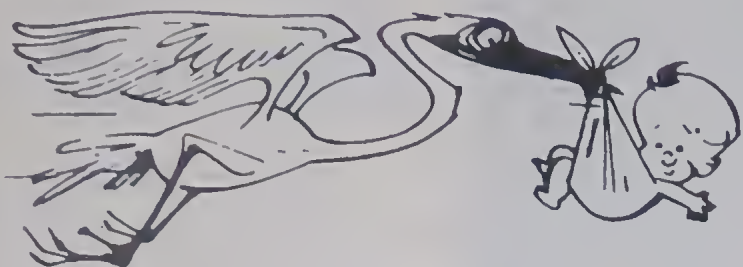
Friday, February 17, 1978

Oak Knoll begins metric conversion

Please note that staff babies are now being weighed under the metric system. A 7 pound baby will weigh 3175.20 grams. Practice your metric conversion by redefining the weight of little Misty Anne Stoltz, our first baby listed under staff babies (a 1977 baby). A pound is 453.60 grams; an ounce is 28.35 grams.

Staff Babies born

RMC Oakland



On Dec. 22, 1977, Misty Anne Stoltz, 7 pound, 13 ounce, daughter of Theresa-Lynn and HN Jan Ross Stoltz. . . on Jan. 6, 1978, Nathan Kanney Beckett, 742 grams, son of Janey Kanney and LCDR William W. Beckett, . . . on Jan. 9, Raymond Anthony Lopez Flores, 3331 grams, son of Lagrimas and HM3 Antonio D. Flores. . . on Jan. 13, Jeffrey Yalung DeLumpa, 3459 grams, son of Lilia Yalung and IM2 Rudy N. DeLumpa. . . on Jan. 5, Bradford Wakefield Dickerson, 2495 grams, son of Linda Martin and LT Jerry Dickerson. . . on Jan. 13, Michael John Leone, 3430 grams, son of Vicki Alexandria and LT Salvatore A. Leone. . . on Jan. 16, Maria Felisa, 1856 grams, daughter of Cernelita Lemaster and HM2 Jay W. Lemaster. . . on Jan. 16, Maria Leonor Bucayan Felix, 3077 grams, daughter of Nelina B. and IM2 Francisco A. C. Felix. . . on

Jan. 21, Kristine Leah Rost, 3554 grams, daughter of LTJG Mary Olewiler and Lt Charles Richard Rost. . . on Jan. 25, Christopher Michael Chavez, 3473 grams, son of Linda Joyce and HA Xavier Chavez. . . on Jan. 23, Robyn Elizabeth Schryer, 3274 grams, daughter of Lorelei and LTJG Vernon L. Schryer. . . on Jan. 26, Karine Helen Swafford, 3627 grams, daughter of Solveig Christine and LCDR Albert R. Swafford.

(Note to ABEAN David M. Alsworth of the USS Enterprise. Please note that **The Oak Leaf** carries notice of staff babies only. We would like to note that you and Lisa Marie had a little David Martin, Junior, born on Jan. 21, weighing 2637 grams. However, if we put that in the paper for this period of time, some 10 or 11 other new fathers aboard the USS Enterprise would be envious.)

Metrics are slowly becoming a part of daily American life. In many states, road signs give the distance in both kilometers and miles. A set of metric tools are needed to work on foreign makes of cars and many types of bicycles. It may soon become commonplace to go to the commissary and purchase a liter of milk.

There's nothing difficult about learning metrics—it's all in your attitude. All you need to do is think metric. The Navyman working aboard ship is already familiar with some metric measurements. Take electrical units, which have been measured by metrics for years. Amperes, watts, volts, ohms—these are all metric measurements.

Of course, much shipboard terminology will have to change with the introduction of metrics. Boiler technicians, for example, would measure force in newtons and pressure in pascals. Energy, work and quantity of heat would be measured in joules.



THE WASHINGTON MONUMENT was dedicated on Washington's Birthday observance, Feb. 21, 1885. Observe his birthday by having a safe holiday, Monday, Feb. 20, 1978.

Who's been doing what. . .

Reenlistments

HM3 Felix A. Florendo, Laboratory Service
HM3 Eliseo M. Irasusta, Jr., Dental Service
HM3 Jesus L. Lim, Nursing Service
Became eligible for U.S. citizenship. Congratulations!

Navy

Good Conduct Awards

IM2 Diana Kay Morrison, Military Personnel
HM3 Candace Janet Casey, Physical Therapy
HM3 Mark Joseph Ferrare, Otolaryngology Service
HM3 Gale Helene Mass, Anesthesiology Service

Promotions

To LCDR, Tasneem A. Raja, Psychiatry Service
To LTJG, Carol D. Beck, Nursing Service
To LT, Karin M. Sheehan, Nursing Service

Letter of Appreciation

HM3 Jaime P. Ignacio, Education and Training

Reportings

LCDR Richard L. Florio, MC, to Orthopedic Service
LT David R. Becker, CHC, from Okinawa
WO Jon R. Hubner, to Branch Clinic, Mare Island
ENS Scott D. Augustine, Clinical Clerk

Detachments

CDR Alice M. Newquist, NC, to NRMC San Diego
LT Maurice E. Graham, MC, PCS to Naval Hospital, Beaufort, S.C.
LT Cynthia L. Tweeton, MC, to anesthesiology residency, Bethesda, Md.
LTJG Kathleen Giefer, NC, RAD

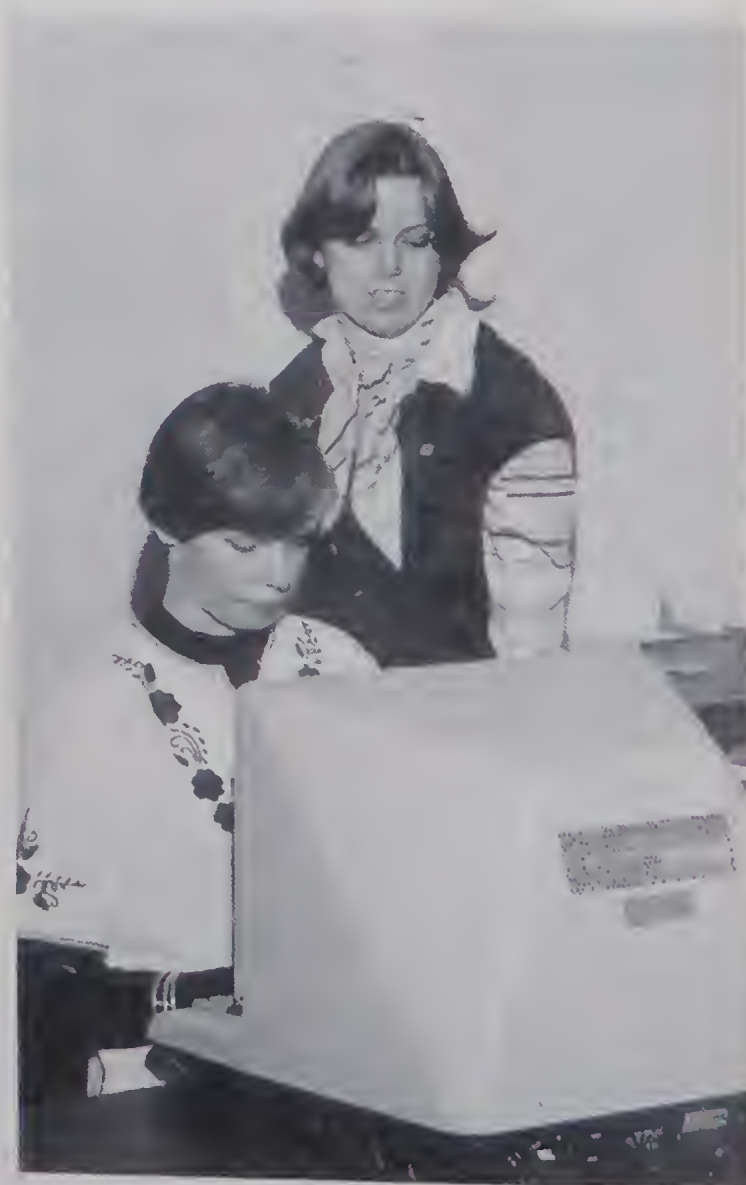
Retirement

Mrs. Betty Darrimon, 30 years service, Comptroller's Office

Beneficial

Suggestion Award

Mr. Lawrence Busby, CIC Animal Laboratory
Mrs. Ida Fahey, Payroll Division



JUDY WRIGHT OF NRMC Oakland's Word Processing Center (WPC) is not playing with a new video game. She's learning the ins and outs of our new equipment from Ms. Vicki Lunghofer, company representative of ICS, Inc., who manufactures the new equipment.



THE NAKED TRUTH IS that the above persons are fully clothed, although being convinced by Hypnotist Ray Beam that they are being photographed in the nude.

Wear the green



come March 17!

An Irish father trying to determine what he would be if not Irish, ended up saying, "I'd be ashamed of myself!"

Well, everyone can be a little Irish on St. Patrick's Day, but if they wish to be extra Irish, The Porthole management has announced plans for a corned beef and cabbage lunch and dinner, and Jim Rosen is making plans for a St. Pat's dance on the 17th of March.

You who missed the hypnotist Dr. Ray Beam at the Enlisted Mess (Open) and the free disco following missed a most entertaining evening. Think of Jim Johnson standing up

and yelling, "Kiss me, I've been vaccinated!" Or of various members of the audience bouncing off their "hot seats."

Dr. Beam was able to hypnotize seven out of 12 participants, even to convincing a few of the fellows that they were Gypsy Rose Lee. He convinced some members that they were naked and being photographed in their bare skins.

More and more when The Porthole announces a Country Western or other entertainment, true believers are joining the ranks. Tune in and don't miss out on the fun.

"BUT, ERNIE,
THAT'S NOT
THE UNIFORM
WE MEANT!"



BITS AND PIECES

Many sports fans of Oak Knoll will remember Fritz and Bill McKenzie, who departed the Bay Area for the Lone Star State some 18 months ago. Despite Bill's busy practice, he has turned into quite a tennis buff, gaining several trophies for his collection—as has Fritz. And a neat change for Fritz is that she is now a fulltime law student, commuting 60 miles from Sherman to S.M.U. in Dallas.

Another tennis buff is HA Vernon Schulz, who is on base in 6-West Surgery. He has his eye on some tennis trophies in the future for the sake of Oak Knoll. He's practicing hard, and if he holds to present intentions he will one day win All Navy.

Overheard strolling up the hill: a young man complaining that he had "over studied" for a promotional exam. Well, he passed. Better to over study than to fail?

On the Tahoe ski trip, Paul Coplan, enroute, and Mary Ellen Henneman, on return, won the Anchor Pool. Anchor time on getting back to base was about 12:30 a.m., caused by heavy new snow. There were many sleepy crew members on the decks on Monday. Another ski trip is planned for March 11. Inquire ext. 2479.

The feed-back of the corpsmen around here is a bit disappointing. Or maybe the test on readership is what's disappointing. The cryptogram in the last issue purposely had a most incorrect answer for "A corpsperson doesn't give them - - - -," and the listed word was "shots." Who gave all those flu immunizations? Not the doctors or RNs or LVNs. Chief George Canning, Special Services, says he remembers the day when he administered 3600 vaccinations or "shots." A few people in Staff Sick Call should have called in plenty mad!

Movie Schedule

Friday, February 17

FREAKY FRIDAY—Barbara Harris, Jodie Foster—C G

This Disney comedy features a mother and her daughter who exchange bodies and personalities for a day. Everything goes haywire and they all have a wild day.

Saturday, February 18

THE BELSTONE FOX—Rachel Roberts, Bill Truitt—G

When two men kill a fox and her cubs, an old woman rescues the sole survivor and takes it to a friend who with his hunting dogs. The fox becomes a legend and will get a lot out of this film.

ONE LITTLE INDIAN—James Garner, Vera Miles—G

A cavalry corporal escapes his own hangover, befriends and risks his life for a white boy who has been raised by Indians.

Sunday, February 19

BLOOD IN THE STREETS—Oliver Reed, Rialto—G

Italian criminal buries fellow thief shot during a robbery. An industrialist is murdered by a cyclist and the police and motivated assassins blame the killing on the dead man.

Tuesday, February 21

MASSACRE AT CENTRAL HIGH—Robert Carradine, Beverly Beck—G

David, a psychotic student at Central High, plans to take up the entire school because he feels the student body has degenerated.

Wednesday, February 22

THE GOODBYE GIRL—Richard Dreyfuss—COMEDY

All the mix-ups of love and apartment sharing create a setting for this comedy of errors.

Thursday, February 23

THE SENTINEL—Cristina Raines, Chris Sarandon—G

Another of the devil-type movies. Sin and Satan battle with the Church and the devil battling for a young man's soul. A good one for Creature Feature fans!

Friday, February 24

BREAKER BREAKER—Chuck Norris, George Murdock—G

The citizens band radio craze that has gripped Americans from coast to coast is featured in this packed film.

Saturday, February 25

SUPERDAD—Bob Crane, Barbara Rush—COMEDY G

A generation gap story concerning a father who doesn't think his daughter's boyfriend is ambitious. A lot of funny scenes!

WHO CHANGED CHARLEY FARTHING—Doug McClure, Hayley Mills—COMEDY PG

Doug McClure, an American stranded on a Greek island, meets an old, conniving ship owner in need of a deck. McClure is unaware that the Captain is transporting firearms, and to his dismay soon becomes embroiled in anti-American revolutionaries.

Sunday, February 26

SMALL CHANGE—Nicole Felix, Crantal Mercier—D

This movie focuses on ten boys and girls, depicting their lives as they grow from childhood to adolescence.

Monday, February 27

LOST WEEKEND—Ray Milland, Jane Wyman—D

This is an Academy Award winner based on Clive Jackson's novel of the brutal life of an alcoholic.



TAHOE TRIPSTERS PASSED TIME having a few good snow fights while waiting for their bus to get down the mountain from the ski area through a heavy blizzard.

MAKE PLANS TO GIVE BLOOD MARCH

THE OAK LEAF

Naval Regional Medical Center, Oakland

Friday, March 10, 1978

Vol. 40, No. 5

Black History Program

Selena Lee steals show

Black History Week at NRMCOakland was climaxed by perhaps one of the best programs ever to be held here. Most of those present were so enchanted by the program that the forecast is that the Command will have no trouble enticing a large audience next year.

In introductory remarks, Rear Admiral Lonergan emphasized the importance of the review of Black history and culture, because in art, literature, medicine and battle, the Blacks have made magnificent contributions.

The history of outstanding Blacks such as Colonel Hazel Johnson, U.S. Army Nurse Corps, Rev. Jessie Jackson and many other famous personages was reviewed by Jeanette Morgan, DT1 D. Urquhart, LT A. McClerklin, Mary Smith, Weldon Miles, Earline Oliver and Cheryl Wilburn. However, Selena Lee, a telephone operator from the second deck, stole the program when she gave a musical introduction to Soul.

At the piano, Ms. Lee would play a bit, sing a bit and then talk in between to suggest how she feels about being a Black woman and why she is proud that her grandparents and their parents fought for what they believed in. She urged that we all share the responsibility to continue the fight for freedom for All Americans.

Among her selections were two spirituals: **Deep River** and **I'll Fly Away**. She also sang a modern gospel hymn, **Through It All**, and **I Believe**, plus her own rendition of **America**.



MS. SELENA LEE IN A DEEP AND MOVING RECITAL expressed that she feels Black America is still not free, but continues to march forward. She feels that much of past and present Black history has revolved around songs and feelings found in music which reveals weariness, joy, despair, mistreatment or victory.

THE SHORT SHEET

Effects of radiation exposure under study

Recent concern and publicity about the possible long-term effects of radiation exposure have generated a number of requests for information from individuals who were involved in atmospheric nuclear tests between 1945 and 1962. DOD has initiated a program to identify participants involved in such tests, and the Defense Nuclear Agency has been designated to handle matters related to the program. The following toll free number will respond to individual inquiries: 800-638-8300.

Vets holding GI insurance to receive high dividends

The VA announces a record \$445.6 million in dividends will be paid automatically during 1978 to 4.1 million vets on the anniversary dates of policies kept in force from WWI, WWII and the Korean Conflict.

Military Spring Fling at Sea World March 18 through April 16

Special Services is in receipt of coupons offering 30 percent off regular admission prices at San Diego's Sea World. That means an adult admission during the month will cost only \$4.50; children, \$2.75.

Purchase of bell bottoms authorized in August

All Navy men E-1 through E-4 attached to a fleet unit will be permitted to purchase and wear the service dress blue jumper uniform in May. Shore-based personnel and reservists will be able to begin wearing the uniform in August. Initial purchase may be made through the Navy Exchange mail order system.

DEACON JOHN GILBERT

Food Service employee works for humanity

His father was a Methodist minister. Seven years ago John Gilbert, of our Food Management Service, himself was a devout Baptist. Today he is a Catholic deacon, the first permanent deacon to be ordained within the diocese of Oakland.

Deacon Gilbert may assist the bishop and priest in their liturgical duties; he may read mass to proclaim the gospel; he may preach the gospel, distribute communion, perform weddings and baptisms, function at funerals and wakes and administer sacrament to the dying. About the only service that the Vatican Council, after their 1964 considerations, did not establish for deacons is concentration of the sacraments. It is expected that in years to come, this, too, will be added as a duty.

John Gilbert was not selected at random to become a deacon. Within his St. Benedict Parish at 82nd and Bancroft, he was first a lector and lay minister; he helped distribute the Eucharist and devoted much time to the cause of St. Vincent de Paul. He has been studying at Campus Ministry Center of Hayward University for 2½ years; and although on Feb. 17 he received his commission at the Francis Cathedral, Oakland, and celebrated the Mass of Thanksgiving the following day, he has yet another year of study before him.

Deacon Gilbert, strong and robust in appearance, has over 35 years service with the Federal Government and has been part of Oak Knoll's Food Management Service personnel since 1957. He plans to continue his work at Medical Center, but many of his weekends are devoted to teaching a convert class at St. Bernard Parish.

John Gilbert explains his conversion to Catholicism and the change in his life as "the workings of God." Whether as a deacon or chef, he is a man who qualifies as a volunteer activist in action, and Oak Knoll salutes him.

Your Commanding Officer talks about SMOKING

I would like to address the topic of smoking in the hospital and my feelings about it. There is growing opposition to smoking, both for health reasons and the infringement upon the rights of non-smokers. Personally, I encourage this opposition. As an ex-smoker who quit, I am particularly sensitive to plight of the nonsmoker who endures the habit of others. I have noticed a decline in the number of smokers in our hospital. As a doctor I have words of praise for those of you who have stopped smoking and words of encouragement for those of you who are trying.

We know the U.S. Surgeon General's position on smoking. It is printed on the side of every pack of cigarettes. The Navy Surgeon General made his position quite clear in his November letter to all Navy physicians.

Smokers pollute the air for non-smokers. Studies have shown that smokers can even have a detrimental effect upon the health of nonsmokers. Why don't I take unilateral action and ban smoking altogether?

Nonsmokers have rights—they have the right to be protected from breathing polluted air. They have the right to be protected from health hazards. Yes, non-smokers have rights.

Smokers have rights too. A fact that, as Commanding Officer, I can't overlook. For many a diehard smoker, smoking is pleasurable. I know this too well from my

own two-pack-a-day habit which I broke over 14 years ago. Where does that leave us?

The rights of some to be protected from ill health and unpleasant smelling gases are said to conflict with the rights of others exercising what has been a socially accepted habit. That is the central issue. They conflict only if smokers violate posted no smoking areas, and if they disregard the expressed concerns of non-smokers. There should be no conflict if smokers are sensitive to nonsmokers concerns for their own or their dependents' health.

If there is a situation where a smoker violates this common-sense approach to smoking, I would encourage that it be brought to the attention of supervisory personnel or myself for appropriate action.



I do intend to discourage smoking in every appropriate manner. I encourage nonsmokers to verbalize their discomfort and concern for their health when they are confronted with a smoker in a circumstance which is clearly unsafe, a posted nonsmoking area or where propriety dictates no smoking.

I expect everyone to be reasonable in his approach to this matter. Personally, I wish that each of the smokers would desist. I think they would be healthier, happier and reflect a more professional concern for individual health care.

In Memoriam

Rear Admiral H.J. Cokely, commanding officer of Naval Hospital from Dec. 1964 to Oct. 1966. Deceased March 6, 1978, San Diego.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

ADM W.M. Lonergan, MC, USN, Commanding Officer
CAPT Victor M. Holm, MC, USN, Director of Clinical Services
CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services
LCDR Charles R. DeKrey, MSC, USN, Assistant Director of Administrative Services, Public Affairs Officer
Editor: Jo Spivey
Photography: HMC Steve Spring, HM3 Tracy Sh

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF. Naval Regional Medical Center, Oakland, CA 94627.

Farewell reception for Sumner Brackett



By Bill Hattwick

Some 40 guests, including Red Cross volunteers from our own hospital group, representatives from other chapters and military personnel from NRMCO Oakland, gathered in the Red Cross building's lounge on the afternoon of February 22 to say farewell to Sumner Brackett, Red Cross Field Director for the past year.

Miss Brackett is assuming a new assignment as Red Cross liaison to SHAPE and NATO Headquarters in Belgium. She will be working there on behalf of servicemen in Holland, Denmark, Norway and part of Germany, coordinating Red Cross activities affecting them.

A highlight of the reception was the reading of a letter of commendation from

Rear Admiral W.M. Lonergan, NRMCO Commanding Officer, expressing the Navy's appreciation of Miss Brackett's leadership of our field office. In addition to Admiral Lonergan, other administrative military personnel from the hospital who attended the reception were Commander H. H. Sowers, Director of Administrative Services; Captain Victor M. Holm, Director of Clinical Services; Commander Arlene Mills, Education Coordinator, Nursing Service; and Captain Lee Peterson, Chief of Nursing Service.

Representatives from other Red Cross chapters in our area also attended the reception. Marie Salscheider, Assistant Manager, Service to Armed Forces, National Field Office, Burlingame, attended as representative from the national Red Cross organization.

Following the commendations from the hospital's personnel, Miss Brackett was presented with a number of gifts from her fellow Red Cross workers, including a traditional "sayonara" book which contained humorous cartoons, news clippings and other items as a memento of her stay at Oak Knoll. A buffet table with hors d'oeuvres, salads, punch and coffee was open to the guests following the formalities.

Although her stay as Field Director was short, Miss Brackett earned a reputation as an able administrator. We wish her well in her challenging new assignment.



Doctor in the spotlight. . .



U. S. Navy Photo
By Bob Weissleder

MAKING A CLOSER LOOK is Navy Commander Hunter A. McKay. He examines one of many X rays used for diagnosis at the Oak Knoll medical center.

By John Brindley

What can be said about urology that hasn't been said before?

There's probably quite a bit if Navy Commander Hunter A. McKay of Denver, has his say.

Dr. McKay is a 32-year-old chief resident urologist at Naval Regional Medical Center, who has been responsible for two important award winning research papers in the San Francisco Bay Area on the subject of urology.

Odds are that most people will come in contact with urology in one form or another some time during their life. But urology is more than just urinalysis and vasectomies—it's the scientific, clinical and especially surgical study of the genital tract in men and the urinary tract in both men and women.

Likes his work

"I like urology," said the tall, athletic McKay. "It's a surgical specialty which gives me the opportunity to practice medicine, read X rays and practice an important health care discipline."

McKay's two award winning publications "Surgical Treatment of Male Genital Lymphedema," and "Prostaglandin Mediated Hypercalcemia in Transitional Cell Carcinoma of the Bladder," probably mean little to the average person, but if you're suffering from genital elephantiasis or are one of 43,000 new kidney and bladder cancer cases diagnosed each year, you're no doubt grateful for his work.

Papers given acclaim

McKay's work meant enough to members of the annual Northern California Urologic residents' seminar that he was awarded first place for those papers in 1975 and 1976 respectively.

That seminar is an open meeting for resident (doctors in specialty training) urologists from the Universities of California at San Francisco and Davis, Stanford, Letterman Army Hospital and McKay's "Oak Knoll" Medical Center. The residents themselves vote on the winning presentation.

Young McKay's "Prostaglandin" paper also received honorable mention at the prestigious Western Section American Urological Association Conference in March 1977, and has been accepted for publication in the Journal of Urology.

Of more immediate importance to McKay, however, is the application of his studies to the care and treatment of members of the military community.

Military health care his heritage

"Urology is a very good medical field in the Navy," said the 1970 graduate of the University of Colorado School of Medicine in Denver. "It allows very precise diagnosis before an operation. We have some very good techniques for precise X-ray diagnosis."

McKay's interest in Navy medicine began a long time ago when his father was an Army officer and he was an outpatient in a number of military hospitals.

"My parents are still recipients of military medicine, and so I frequently look at things through the patient's eyes," he said, remembering his own days on the other side of the waiting room with them.

McKay, who has been in Navy medicine for seven years, says he joined up partly because it has fit his "lifestyle to a tee."

Volunteers needed for Peds play program

Come lead in play!

This is a different call for service. You will not be asked to tramp your block collecting money, or to bake a cake for a homeroom party. The need is for someone who will, for 90 minutes, one day a month, give a little extra attention to the children in the Pediatrics Clinic.

Many working mothers of the children under treatment cannot visit as often as a small child needs reassurance or tenderness. The Officers' Wives' Club for a number of years has sponsored a program of play to ease the stressful separation from all that is familiar. They now seek

anyone with an hour and half to spare, only once a month.

Maybe your role will be to rock a baby. Or perhaps you might play monopoly at bedside with an older child, or get a group game started in the recreation room. Your joy will be your reward; however, if you have small children of your own, the O'wives will pick up your tab for their care at the Child Care Center.

If you can volunteer a Monday from 10 to 11:30 a.m. or a Wednesday from 3 to 4:30 p.m., Mrs. Cameron Somerville, phone 562-1899, will be waiting for your call.

**HM2 JAMES WAYNE YELL**

We catch up with our Sailors of the Month

HM2 James Wayne Yell is a young sailor who gets kidding from his shipmates for being short in stature, but those same mates are long on praise of his professional excellence. He is to be commended for selection as Sailor of the Month for January.

As senior technician in the Otolaryngology and Maxillofacial Surgery Service, he has proved himself reliable, tireless and devoted to duty. His efforts in maintenance of very expensive surgical equipment has relieved his department of many additional expenses. He has shown skill in dealing with the needs existent in health care delivery, and he exhibits exceptional concern for his subordinates.

Petty Officer Yell hails from San Antonio and has been in the Navy 6½ years. In reality he likes traveling so much that he joined the Navy to see the world, and so far Navy duty has taken him to San Diego, Vietnam, Maryland and the Bay Area. He is single and ready to keep moving.

This senior technician thinks of his future with a question mark, but he expressed some leanings toward going into veterinary medicine. For the present he keeps busy tinkering with his 260Z car, which he terms a "pain." His hobbies are jogging and swimming.

**HM2 PAUL WILLIAM HESCH**

HM2 Paul William Hesch, technician in the general chemistry section of the Laboratory Service, is our Sailor of the Month for February. He is sharply attuned to just where he wants his future to take him. It's back to Wisconsin to hunting and fishing territory.

His father has a farm where squirrel, fox, rabbit and trout. But puttering, woodworking, hunting and fishing are all that Hesch will expect to occupy him back home in Marshfield. He has made-up his mind to become a physician's assistant.

He has 9½ years in the Navy so he hopes to get his master's training on the G.I. bill and then return to the Navy as a lieutenant. He should make a good one, as he has already impressed fellow workers and other members of the medical team with his medical efficiency and leadership ability. He is the kind of technician who will take special effort to telephone unexpected abnormal results to clinicians.

All in all, Petty Officer Hesch has promoted the positive aspects of the Naval Service by his actions and personal conduct. When he departs the Navy with his wife, Kris, on May 31, he will have Oak Knoll's best wishes for smooth seas and fair winds.

A LESSON THAT COULD HAVE COST ME MY LIFE

(A true story)

Recently I learned the most important lesson of my life, a lesson that could have cost me my life and the lives of others.

I had been upset by a personal situation, so I had a few drinks. Then, instead of sensibly just driving home safely, I decided to take out my frustrations on the road with my car. Driving at a high rate of speed and moving in and out of traffic in a dangerous fashion, I was pulled over by the California Highway Patrol, arrested and taken to the city jail.

The humiliation I felt cannot be put into words; it was a horrifying experience. I was a criminal, finger printed; mug shots were taken, valuables collected and I was put into a cell for a 4-hour "drying-out" period. I was then released on my own recognizance and will have to return for a court appearance.

Alcohol is a drug which impairs the normal senses. I acted without thinking, in an irresponsible manner and will have to pay a costly penalty. It could have been my life.

I now understand the significance of a billboard on Highway 50, near Lake Tahoe, which illustrates that driving and drinking together can cost your life. I'm writing this knowing that this won't stop everyone from making the same mistake, but I am hoping that a few people may learn from my experience and that a life might be saved.

I was blessed; you might not be.

(Anonymous)



LIZ CAGLE, DEPENDENT DAUGHTER OF PFC and Mrs. Cagle, helps out with the Command cleanup campaign. You can too. If you have litter, put it in a litter can. If you see some on the ground, then pick it up. Be proud of our hospital. Liz is.

Friday, March 10, 1978

THE OAK LEAF

MT training courses begin

It's that time of the year again for Education and Training to begin its Emergency Medical Technician Training Courses for the year 1978. HM3 Brad Martin has hopes of setting a new record this year by certifying over 200 people.

The first class of the year started on Wednesday, March 1, with many seats vacant. The next class that personnel may submit requests for is an intensive 8-day training course which will begin on Monday, April 10, and end on Wednesday, April 19. Requests for this class should be submitted as soon as possible for consideration. Class size is limited, so don't delay.

Chabot registration due

The Spring quarter at Chabot College begins Monday, April 3. Deadline for mail-in registration is March 17, and for general late registration, April 1. Mail-in registration packets are available at the Admissions and Records Office, or by calling 786-6700. Class schedules for Chabot College are available at Education and Training.

**MARCH IS
AMERICAN RED
CROSS MONTH**



Nominate your favorite Volunteer Activist

What man, woman, youth or organization do you know who is actively involved on a volunteer basis for the betterment of the community? What did they do in 1977 to improve community life and fill human needs? Would you consider them worthy of recognition for their exceptional contributions as volunteers?

Then nominate your favorite for the San Francisco Bay Area Volunteer Activist Award.

The program is being sponsored by Macy's, the Volunteer Bureaus of a five-county area and the Germaine Monteil Cosmetics Corporation. All nominations will be considered by a panel of impartial judges, and 10 winners will be honored at a luncheon and will receive an inscribed silver tray and be given maximum exposure in local and regional media.

Nomination forms may be secured from LT Joe Griffin, Public Affairs Assistant, room 3-1-21. They must be received by the Volunteer Bureau of Alameda County no later than March 18. That means there is no time to waste. Nominate!

Information, thank you, on your Basic Laboratory School

During the past few months the teaching curriculum of Oak Knoll's Basic Laboratory School has been completely revised and updated. The school's interior has been rejuvenated with new paint, carpeting and drapery. A new classroom has been added. The school is under the direct supervision of the Chief of Laboratory Service, CAPT R. W. Poley, and the Officer-in-Charge is LCDR W. F. Kellogg. HMC Michael O'Shea and HM1 Sandra Marino are instructors.

On Feb. 10, 1978, Class 78001 graduated from 8501 Basic Lab School, and most of the technicians received orders throughout the world. Only HM3 Sheila Gray and HM3 Lawrence Soto remained at NRMCC Oakland.

Within the Navy, only two hospitals have laboratory

schools to instruct our Navy and Coast Guard hospital corpsmen and dental technicians. There once were four schools.

What of the history of past training instruction down to present course offerings?

On July 12, 1965, the Bureau of Medicine and Surgery initiated the forerunner of the Basic Laboratory School. Four schools were activated: USNH, St. Albans, N. Y.; USNH Portsmouth, Va.; USNH Great Lakes, Ill., and USNH Oakland, Ca. Their curriculum replaced the old 60-weeks course for the bloodbank and med-chem technicians, which continued in two locations only as Advanced Laboratory Schools. The new concept shortened the courses to 12 weeks and trained students only in basic skills to fill positions in dispensaries and research facilities and to serve

on board ships and with Marine Units. The technicians were classified as 8412 NECs.

In the mid 1970's the St. Albans school was disestablished along with the hospital itself. Great Lakes discontinued training about that time also.

More changes came about on Aug. 27, 1973. The remaining schools at Portsmouth and Oakland added two more weeks of training and the NEC was changed to an 8501 classification. The assignment mission remained the same.

The courses of instruction are aimed at providing basic knowledge and skills to produce technicians capable of providing support to the medical staff and with confidence to meet challenges and crises as they occur.



GRADUATES OF CLASS 78001, Basic Lab School, make a fine crew. They are: Bottom row (left to right): G. M. Pama, M.E. Earnhardt, A.M. Matta, C.V. Caldejon. Second row: R.E. DeVore, O. M. Abrajano, G.D. Loyd, R.J. Hopkins. Third row: R. D. McKenna (USCG), N. L. Birdwell, S. Gray. Back row: HM1 Sandi Marino (Instructor), L. F. Soto, M.L. Milburn, J.T. O'Kane, HMC Michael O'Shea (Instructor). Not pictured: J. C. Crawford.

Cook is best seller novelist

By day, Dr. Robin Cook of Boston operates on people's eyes. By night, he writes novels. When his first, **The year of the Intern**, didn't sell well enough to please him, the 37-year-old ophthalmic surgeon sat down and studied over 200 best-selling novels, then applied the principles he learned to his second novel, **Coma**. It worked.

In addition to wanting **Coma** to be a best seller, he also wanted to deal with some "important ideas and relevant issues," mainly women in medicine and the problems of obtaining organs for transplantation.

Currently, Dr. Cook is performing "anywhere from four to a dozen" eye opera-

tions each month at two Boston area hospitals, as well as teaching at the Harvard Medical School. Nights, he is working on a pilot film for an ABC television medical series, as well as a mystery-thriller about a research analyst (male) working in the Defense Department.

"Medicine makes it possible for a person to experience life and death and other things that push people to the extremes of their adaptability. And these are the episodes that are very often central to writing."

Your Crew's Library has more than this best seller. Many new books are arriving weekly for your enjoyment. Visit building 101, or call ext. 2220 to reserve a book.

What's so special about March?



It's not too special. It's usually rainy and sort of an in-between month without much going on. My family watches TV, my daughter goes crazy about rock and roll music.

Audrey Casal, Secretary
Orthopedic Service



March to me is the beginning of Spring. Life is beginning anew. It is time to get out and do things, to shake the winter pounds, and to celebrate St. Pat's day to the fullest!

Deborah Huggins, HM2
Primary Care Clinic

It's somebody's birthday who is very special to me. It's getting more help on the wards. It's graduating from Nursing School.

Lorie del Rosario, RN
Ward 6-West



It means that in 2 more months I will go on 30 days leave. It also means I've only 10 more months of enlistment unless my boss keeps me in. It's the end of winter and coming of Spring.

James Lauver, HN
Staff Sick Call



CHAMPUS UP-DATE

CHAMPUS FORM 198 TO BE PHASED

CHAMPUS Consolidated Prescription Reimbursement Form 198 cannot be used for submitting a prescription drug claim, according to officials of the Program. Instead, it will be necessary to attach itemized receipt to regular CHAMPUS claim form.

Each receipt must show the name of drug, the name and address of the pharmacy where purchased and the prescription number. In addition, claims for the following must show the strength of the drug:

- narcotics, such as Morphine and Demerol
- non-narcotic analgesics, such as Tylenol and Darvon
- tranquilizers, such as Valium, Librium and Meproamate
- barbituates, such as Seconal and Nembutal
- non-barbituate hypnotics, such as Doriden and Chloral Hydrate
- stimulants, such as Amphetamine and Methedrine

Beginning Jan. 1, 1979, drug strength will be required for all prescription drug claims.

MOVIE SCHEDULE

Friday, March 10

VIVA KNEIVEL—Evel Knievel, Gene Kelly—Action D
A nasty plot is afoot to kill Evel Knievel and his truck to smuggle heroin into the U.S. The evil ones are defeated after a lot of excitement.

Saturday, March 11

THE CASTAWAY COWBOYS—James Garner, Vera-
L COMEDY G
A seafaring wrangler jumps ship off the coast of Hawaii to become Hawaii's first, if reluctant, cattleman.

JOSHUA—Fred Williamson, Calvin Bartlett—Drama
This is the story of a man who killed in the Civil War for the sake of peace, only to come home and find the tlegrounds different, but the cause the same.

Sunday, March 12

THE FARMER—Gary Conway, Angel Tompkins—Dra-
A returned veteran gets involved with organized crime. When he steps on some mobsters' toes, he is blinded. This is a story of revenge.

Monday, March 13

THE GREAT ZIEGFELD—William Powell, Myrna Loy,
Brice—Musical, G

This is an oldie but goodie. It depicts the life and career of a great showman and won the Academy Award for best picture, best actress and best dance direction.

Tuesday, March 14

GOD S GUN—Lee Van Cleef, Jack Palance—Western
Outlaws terrorize the villages bordering Texas and Mexico. Sam Clayton ruthlessly murders a priest in front of his own son. The boy begins search for the dead priest's brother, who confronts Sam in a final showdown.

Wednesday, March 15

DEATH RAGE—Yul Brynner, Martin Balsam—Action
R

A professional assassin in New York is offered an opportunity to avenge his brother's death. Aided by a young, violent assassin, he flies to Italy to eliminate the mafia.

Thursday, March 16

SCOTT JOPLIN—Bill Dee Williams, Clifton Davis—
PG

The story of a piano player (Joplin) and his rise to fame despite a series of unfortunate incidents.

Friday, March 17

BARRY LYNDON—Ryan O'Neal, Marisa Berenson—
PG

With equal measures of luck and larceny, an Irish boy rises from rural roughness to gentlemanly eminence. The movie had excellent reviews.

Saturday, March 18

RETURN OF THE PINK PANTHER—Peter Sellers, George
Christophehr Plummer—Comedy G

In this sequel to earlier Panther films, Inspector Clouseau again pursues a thief known as the Pink Panther, who is suspected of stealing the fabulous pink diamond. MY HUSBAND, HIS MISTRESS AND I—Jean Piat, Anderson—Comedy R

A handsome man in his forties leads a perfectly organized double life between his wife and his mistress. His wife comes up with a very subtle plan of revenge.

Sunday, March 19

DOMINO PRINCIPLE—Gene Hackman, Candice Bergen—
Drama R

This drama centers around an unnamed government bureau that springs a convicted murderer (Hackman) and sets him up in a luxurious villa in Rio de Janeiro.

Sports events upcoming

March 17-18, Volleyball, 12ND Women's Championships, NAS Alameda
March 24-26, Volleyball, 12ND Men's Championships, NAS Moffett Field
April 5, Track and Field Invitational, NAS Moffett Field
April 11, Slow Pitch Softball, 12ND Men's League
April 11-13, Table Tennis, 12ND Men and Women's Championships, NAVSUP-PACT Mare Island
April 17-19, Bowling, 12ND Men's Championships, NAS Lemoore
April 24-26, Bowling, 12ND Women's Championships, NAS Lemoore

Children's Easter coloring contest



Secure an entry blank from your Navy Exchange and hurry and enter your 5- to 12-year-

old child in the Easter coloring contest. The deadline is March 14. Two award certificates will be given to each age group.

Career traced

HMCM Brown retires April 1



The Command Master Chief, Master Chief Hospital Corpsman R.G. Brown, USN, will retire April 1, 1978, after over 30 years of military service. When he is piped ashore, Master Chief Brown will have completed 5 years and 9 months of duty here at the Naval Regional Medical Center. The recipient of seven good

conduct awards, HMCM Brown during his career has certainly fulfilled the recruiting promise of "Join the Navy and see the world." He began his sea-going service with the Coast Guard during World War II. He learned the ways of the sea as ship's crew member on board several convoy ships making crossings of the North and South Atlantic and on a LST in the Pacific ocean.

When asked what he remembers most about that war, he replies quickly, "A serviceman was King in those days. Though the duty was hard, and of course dangerous, when I got home there was never any doubt that everyone was working just as hard as the serviceman. Yet on those occasional leaves, everyone still took time to do things nice for us."

After War II, Brown became a civilian for 5 years. With the advent of the Korean conflict however, the desire to serve again became too strong for Brown, and he signed up with the Navy. He was selected for corps school and first served with

the 2nd Marine Division at Camp Lejeune, N.C. During this initial tour, Brown went on a Mediterranean deployment with the Marines. Selected to augment to the 3rd Marine Division, Brown moved first to Camp Pendleton, Ca., and then to Japan and Korea. A tour of duty on board the USNS General W. M. Black followed, during which he visited most of Southeast Asia, including Vietnam.

One of the more important jobs that then Petty Officer Third Class Brown's ship had was the evacuation of refugees from Hai-phong and Hanoi to Saigon during the separation of Vietnam into two countries.

A return to stateside duty saw Brown at the Recruit Training Center in Great Lakes, Ill., and upon promotion to second class, to independent duty school in Portsmouth, Va. Assignments at New London, Conn., and his first tour at the then Naval Hospital, Oakland, followed, with assignment to Environmental Sanitation School.

Desiring to return to overseas duty, then First Class Petty

Officer Brown had a tour at Preventive Medicine, Unit #7, Naples, Italy. And upon putting on the hat of a Chief Petty Officer, Brown then became an instructor at Naval Hospital Corps School at Great Lakes. A year with the Marines in Vietnam was followed by a tour as instructor here at PMT School. One last tour with the Fleet Marine Force was destined for then Senior Chief Brown prior to his arrival at this Command in June of 1972, as a Master Chief.

After his retirement, Master Chief Brown will remain in the Bay Area. When asked about his specific plans for retirement, a silly grin crosses his face and he simply says, "I plan to relax. Just do a lot of relaxing, and then put the top down on the Fiat and tour the country."

After 30 years we think he deserves a chance to do just that.

HMCM Stephen W. Brown has been chosen as the new Command Master Chief. Information on the new CMC will be in the next issue.

When we say "ALL HANDS"

we mean all hands

(Story on Page 4)

Blood Bank gets accreditation

The NRMCO Blood Bank has been awarded a 2-year accreditation by the American Association of Blood Banks (AABB), according to CAPT. R.W. Poley, Chief, Laboratory Service.

Accreditation follows an intensive on-site inspection by specially trained representatives of the Association, and establishes that the level of medical, technical and administrative performance within the facility meets or exceeds the rigorous standards set by the AAB Bank. By successfully meeting those requirements, NRMCO, Oakland, can join more than 2,000 similar facilities across

the United States that have earned the accreditation rating and recognition.

Dr. Poley explained: "The AABB's inspection and accreditation procedures are voluntary. It is not legally necessary for a blood bank or transfusion service to be accredited, but like many others, our facility has sought accreditation because it represents a level of professional and medical expertise that meets and exceeds government regulations. The primary goal of the program is to assist facilities like ours to achieve excellence, and thus provide higher quality blood, blood products and service to patients."

ACGFCU gets clearance on share draft accounts

The Alameda Coast Guard Federal Credit Union received the word on March 20 that the legal problems surrounding opening of share draft accounts within the financial structure of Credit Unions have been resolved.

Credit Union officials this week are busily working on ground rules for operation under the new system which will permit payment of 7 per cent interest on checking accounts.

Patrons may retain their savings account under their social security number, but when computer conversions are worked out one person conceivably could have as many as nine accounts under the same Social Security number, thus permitting Christmas accounts, trust accounts, impound accounts or whatever to be established merely by adding another digit.

Now is the time to become more fully informed about your Credit Union. Your financial future may be involved.

During the early days of the Christian Church, Easter could fall on any day of the week, the reason being that the early Christian converts from Judaism believed Jesus Christ rose from the dead on the Jewish Passover. Their gentile Christian brothers, however, observed the day on Sunday. The matter was settled in 325 A.D. when the Council of Nicaea decreed that the celebration should be on the same day every year, the Sunday after the first full moon following the spring equinox.

This year Easter will be celebrated on March 26 with both religious and secular festivities which have become the tradition of recent years. Long observed with elaborate ceremonies in the Roman and Greek churches, Easter celebrations were not highlighted in many Protestant churches in the United States until the Civil War years of the 1860s. Clergymen at that time felt that special Easter services would provide consolation to the bereaved mourning the many dead from the war.

A number of Easter customs are actually a carry-over from pagan celebrations of thousands of years ago. The rabbit, symbol of fertility and new life, became the Easter Bunny. The egg, also associated with spring rites, came to be regarded as a symbol of the Resurrection since new life

EASTER:



SACRED and SECULAR



springs from it.

Even the name Easter, according to an ancient English writer, came from Eostre, a Teutonic goddess whose festival was celebrated in the spring.

The religious aspects of the holy day are stressed on

Easter Sunday, but the following Easter Monday is given over to fun. One of the oldest customs in the United States is the annual Easter Monday Egg Roll on the grounds of the White House. Originated by Dolley Madison, wife of President James Madison, the Egg Roll at one time was held on the Capitol lawns, but proved to be so messy that the event was moved to the White House.

The gates of the White House grounds are opened at nine on Easter Monday morning and kept open until five in the afternoon, one of the few occasions that citizens are allowed free access to the White House grounds. Adults are admitted to the event only if accompanied by a child.

The coloring of the Easter eggs also goes back to antiquity. The eggs, according to various theories, are dyed red as an expression of joy, and as a symbol of the blood shed on Calvary.

The breaking out of Easter bonnets and springtime fashions is called the Easter Walk in England. In New York City, it is called the Easter Parade. But whatever it is called, the wearing of new clothes heralds the newness of life associated with Easter.

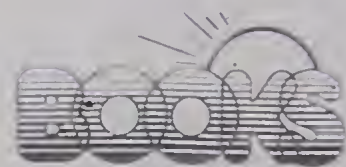
The many customs observed at Easter symbolize a rebirth of both soul and season. It is indeed a special day.

OWC scholarship applications taken

Would your dependent like to win a scholarship for college work? A scholarship for the year 1978-79 will be awarded by the Officers' Wives Club to a deserving military dependent on the basis of scholastic achievement in high school or college, potential for college level work, and financial need. Dependents both enlisted and officer personnel are eligible and are urged to apply.

The application, interviews and results of the deliberations will be held in confidence by the Scholarship Committee. Information may be filed with the Committee by April 30, 1978. Applications are being accepted by the Scholarship Committee, Officers' Wives Club, Naval Regional Medical Center, Oakland, Ca. 94627.

All applicants for the scholarship must agree to abide by the rules set forth in the application, copies of which may be secured from the Chaplains' offices on the third deck of building 500.



At Crew's Library, Mrs. Barbara Arrington is busily cataloging about 300 volumes of new books. Many are national best sellers.

Watch for the monthly flyer giving a page of listings.

Maybe you haven't read *The Immigrants*, by Howard Fast, which tells of ambition and love in San Francisco at the turn of the century.

Or how about *Dynasty*, by Robert Elegant, which is a saga of an Eurasian family in Hong Kong over three generations?

Dan Rather's book, *The Camera Never Blinks*, should be an interesting TV newsmen's story.

Also, the library has a very comfortable reading corner which gives a quiet respite during the lunch period for catching up on news in *The Federal Times* magazine.



MR. BUNNY RABBIT visited the wards yesterday, bringing gifts and Easter best wishes.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM W.M. Lonergan, MC, USN, Commanding Officer
CAPT Victor M. Holm, MC, USN, Director of Clinical Services

CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services

LCDR Charles R. DeKrey, MSC, USN, Assistant Director of Administrative Services, Public Affairs Officer

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Opinions contained herein are not official expressions of the Department of the Navy. THE OAKLEAF receives American Forces Press Service and Navy News material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF. Naval Regional Medical Center, Oakland, CA 94627.

From the Desk of the Command Master Chief

As my retirement from the Naval Service draws closer, I would like to share some thoughts with you.

In looking back on a career that began in World War II, I find that I have indeed had a full and rewarding life, but to have ended my service here at "Oak Knoll" is the best reward yet.

Being your Senior Enlisted Advisor and Command Master Chief for the region for the past 5 years has been a demanding and challenging job, filled with pleasure when some things could be accomplished and frustration where other goals could not be met. Whatever success I have achieved is due, in a great part, to the loyalty, trust and understanding of each of you.

I can say no more than thank you all for your support and I know I can count on your continued support to my successor.

R. G. Brown

to

the

Staff

Oak Knoll research team helps diabetics during surgery

A medical problem which has puzzled clinical diabetic researchers for years has partially been solved by a group of medical researchers here at the Naval Regional Medical Center, Oakland.

Diabetes mellitus, an abnormal elevation of blood sugar, is a disease which affects about 5 per cent of the American population. With proper diagnosis and treatment, the life of the diabetic may be relatively normal. However, diabetics encounter unique problems during times of stress, such as during surgical operations.

The unusual problems faced by diabetic patients undergoing surgery are what the research team sought to evaluate and solve, if possible. Team members researching the study on the continuous controlled infusions of insulin and glucose for management of the diabetic surgical patients were CAPT John L. Steffenson, CDR Steven B. Lewis, LCDR Charles H. McLeskey and LCDR Robert E. Woodruff, of the Department of Anesthesiology and the Clinical Investigation Center.

Because of the stresses caused by surgery, blood sugar concentrations in all people, but especially in diabetic persons, fluctuate wildly during and after surgical procedures. Among other things, a very high blood sugar concentration impedes the function of the white blood corpuscles and thus may impede an individual's ability to combat infection during and after a surgical procedure.

The researchers from this East Bay medical facility have tested and tentatively proved that a three-step procedure provides a serum glucose level in surgical diabetic patients which is highly reliable and can be easily maintained. The researchers first recommend the intraoperative infusion of glucose in five per cent solution form to minimize breakdown of the body's store of protein and fat during the operation. Additionally, the Navy doctors recommend a low dose continuous controlled intravenous infusion of insulin at a rate of one or two units per hour to provide continuous and even insulin availability to the diabetic patient. Finally, the military researchers recommend frequent monitoring of blood glucose concentrations to assure that levels do not fall too low or rise too high. Determinations at 15-minute intervals during the operative and immediate post operative procedure are recommended.

These procedures are currently in use at the Naval Regional Medical Center, and the results have been highly significant in terms of blood sugar stability both of diabetic and non-diabetic patients.

To date the research team has presented findings at the annual Alameda-Contra Costa Medical Association meeting, the American Society of Anesthesiology meeting (recently held in New Orleans) and at the International Anesthesiology Research Society meeting, held in San Francisco.



Two are fixtures at Enlisted Mess

If Marc and Anita Jones should fail to show up for lunch at The Porthole, you can be sure that Jim Rosen, the Manager, will send a search patrol out to find out what is wrong. About 5 years ago, when the old Chief's Club was in existence, his Chief electrician's mate and his wife came for lunch; and they are still coming.

Mrs. Jones has chicken every day, but one can be sure that there is an attachment for the military deeper than its cuisine that draws them. Lunching with the military is sort of like being at home port.

The two are on hand at brunch on Sunday and at Bingo on Tuesday nights, but usually instead of winning gifts, they come bringing gifts—a box of candy for the help, and flowers for the office. But best of all they bring a pleasant smile to put everyone in good spirits.

Blood Drive winners announced

There were 150 volunteers at the Blood Drive of March 8, and names were drawn for prizes. The staff reserved parking winners are: HM2 L. Hogan, Laboratory, March 13 through April 9; HM3 S. Orville, Dermatology, April 10 through May 7; LTJG A. Higgins, Pediatrics, May 8 through June 11.

Students winning free bowling are: HM2 S. Gonzales, HM2 M. Leverett and HM3 K. Magnusson, PMT School; HM3 R. Farley, Lab School; HM3 M.J. Tannehill, HN D. Burch, HN R.C. Clugston, HN T. Sharp, HN M. Vail and HA David Emery, OR School.

Congratulations to the winners, and grateful thanks to all 150 volunteers.

THE OAK LEAF gets new distribution

Beginning with the next issue, The Oak Leaf will be distributed in a new way. Going on the old newspaper axiom that a paper is only as good as its "newspaper boys," an attempt will be made to get a newspaper into the hands of over 70 per cent of the military, civilian and patient population here at the hospital and at the branch clinics.

Using a simple formula of two papers for every four persons in a work unit, it is hoped that no one will miss the opportunity to read a paper. Distribution will be every two weeks, on Friday afternoon, through guard mail boxes. Those units that work around the clock, such as the ward units, food service or security personnel, should take care to ensure that persons working the P.M. or night shift are not overlooked.

Wards will get two extra papers for their patients' use. Clinics will also get extra papers for patients to read while waiting for medical treatment.

Enlisted and officer housing units will continue to receive a paper at their door as in the past. The Oak

Leaf wishes to give recognition and express appreciation to the family members of LCDR Norman Williams and HMC Steve Spring, who for several years past have served as our newspaper boys for on-base housing distribution.

Medical instrumentation courses offered

Five courses in Biomedical Equipment Technology (BMET) will be offered by Foothill College during the spring quarter, April 3 to June 21, 1978.

Foothill College will also offer two of its five courses on nephrology and hemodialysis during the spring quarter. Both courses carry two units of college credit and apply toward an RN's continuing education credit (Provider No. 01331).

Foothill College is a 2-year community college in Los Altos Hills on the southern San Francisco peninsula.

Contact Dr. Ellsworth (415) 327-2300 for registration and course information.

ALL HANDS LEND A HAND

Service hands—it takes them all to run this Medical Center.

Within this hospital we count some 600 Civil Service staff, 500 commissioned officers, 610 students and enlisted personnel; and it requires ALL HANDS to render the service expected from such a health care facility as ours.

Annually we serve some 365,000 outpatients at the Center and about 510,000 at our branch clinics; plus we have about 14,560 inpatient annual admissions and tally an average inpatient census of 285.

Laundry helpers and cooks are just as vital to the Command's mission as doctors and nurses. Let one department operate below par and all hospital functions are harmed. If one section, no matter how small, fails to measure up to its potential, our high measure of excellence suffers.

Each is the whole:

- The skilled surgeon is important, but so is
- The switchboard operator, who puts through some 300 to 600 calls a day;
- The fireman who checks the extinguishers monthly or takes oxygen to the scene of an accident;
- The lab technician who microscopically analyzes a blood sample or urine specimen, the lab technician who operates the sophisticated SMA 1260 machine which gives profiles of 12 laboratory tests;
- The nurse who enters a patient's progress on a chart; the file clerk who keeps the medical records available;
- The corpsperson or volunteer who pushes a wheelchair patient to physical therapy;
- The cook who prepares hamburgers or serves in a cafeteria line;
- The emergency room attendant who administers first aid to an accident victim;
- The bookkeeper or typist who performs the most essential of chores;
- The Commanding Officer who at the helm tries to keep all on even keel;

—You. Your hands. Spread them out and look at them.



ALL HANDS keep this ship afloat. Your hands must do their part.



All hands lend a hand - Yours?



THE SKILLED HANDS OF THE SURGEON perform to replace a damaged blood vessel. They are the hands (center) of Commander Dale Oller, a Navy vascular surgeon at our Naval Regional Medical Center.

By Glenn R. Amato

Navy Commander Dale Oller's life story might read "like father, like son—and uncle." Oller's father and uncle spent their careers as Navy officers. Oller, a trained general surgeon, puts his skills to use as a vascular surgeon, repairing and replacing diseased and damaged blood vessels.

Trauma, Oller explained, can block blood vessels and cause hemorrhages. The damage is repaired by removing the destroyed portion of the vessel and, if necessary, replacing it.

"Advancements in understanding the physiology of the blood and cardiovascular systems have resulted in replacement materials from cow's vessels and synthetic fabrics," he said. "It's an extremely sophisticated procedure. We simply aren't able to replace a destroyed blood vessel with any available part. Vascular surgery isn't mechanics."

While trauma can result from a child falling from a tree, arteriosclerosis—hardening of the arteries—strikes men and women usually in late middle age. This disease, which Oller called "the most prevalent around," is also treated by vascular surgery.

"Hardening of the arteries is a degenerative process," he explained. "The arteries are gradually clogged

by foreign material, resulting in a loss of blood to the arms, legs and brain. The diseased blood vessels can also expand and produce rupture. Repairing or removing these blood vessels often follows a procedure similar in treating trauma."

Oller, who received his doctor of medicine degree from George Washington University Medical School in Washington, D.C., in 1968, originally wanted to be a chemist.

"I'd always done well in science," he recalled. "I ran into trouble with the foreign language entrance requirement for chemists in graduate school. Knowing that I wouldn't have to deal with this requirement in medical school—and knowing that I'm a good scientist who enjoys helping people—I decided to become a doctor."

Oller attended medical school on a Navy scholarship, and began his active duty service after graduation. He served both his internship and residency at the National Naval Medical Center in Bethesda, Md.

"It's obvious that the Navy runs in my family's blood," he said. "I've been on active duty for 10 years, and I like it. There's a variety of patients, ethnic groups and clinical situations that provide me with real challenges. It takes quite a bit of daily conferencing with other doctors and mental exercising by myself to meet their needs."

WANTED—Coach for NRMC League team

The Eleventh Naval District (North) men's slow pitch softball league seeks a coach for 1978. The tentative starting date will be Tuesday, April 18, 1978.

Contact Ron Brown, ext. 2350/2479.

GET-AWAY to Yosemite

Yosemite Valley is booked solid for the summer season. Yet Special Services is a few weeks ahead of the crowds that will flock in on Memorial Day Weekend and when schools are out for the summer.

On May 19, 1978, Friday morning at 8 a.m., a bus will leave the parking lot adjacent to the Navy Exchange and tripsters can expect to see Spring blossoming in all its beauty. Red-bud should be out. You can relax and soak up nature, go hiking, biking, swimming, horseback riding, fishing or mountain climbing. Three days, two nights—yours to enjoy. You'll be home by about 7:30 Sunday evening.

Reservations for the transportation, and two nights at the tent-cabins of Curry Village will cost only \$34 double occupancy; \$42 single; \$33.50 triple or quad.

At that price, who can afford to stay at home?

Phone ext. 2479 right away for your reservation. FIRST COME; FIRST SERVED! March 29 is reservation deadline.

National Secretaries' Week

is April 23-29;

Secretaries' Day is April 26

MOVIES

Friday, March 23

TWILIGHTS LAST GLEAMING—Burt Lancaster, Richard Widmark, Drama R/144 Min. 7 p.m.

In 1981, the U.S. President is held hostage by an Air Force General who demands 10 million in cash and the publication of the "truth" behind the Vietnam war

Saturday, March 25

ESCAPE TO WITCH MOUNTAIN—Eddie Albert, Ray Milland, Comedy, G/98 Min. 6 p.m.

Two orphans gifted with supernatural powers are the focal point of this film

SINK OR SWIM—Jean Paul Belmondo, Marlene Jobert, Drama, Not rated/98 min. 7 p.m.

Nicholas Philibert returns home to France during the second year of the French Revolution to divorce his wife so he can marry a wealthy American. He is caught in intrigues.

Sunday, March 26

EASTER SUNDAY—NO MOVIE WILL BE SHOWN

Monday, March 27

THE STORY OF LOUIS PASTEUR—Paul Muni, Akim Tamiroff, Drama, G/89 Min. 7 p.m.

Biography of the man who discovered cures for the dread diseases anthrax and hydrophobia.

Tuesday March 28

THE SLAP—Isabella Adjani, Annie Girardot, Comedy PG/123 Min 7 p.m.

Problems both funny and serious face a man and his daughter. The girl has decided it's time for her to be free.

Wednesday, March 29

KID VENGEANCE—Lee Van Cleef, Jim Brown, Western R/90 Min 7 p.m.

A pioneering family, on their way to the West meet with a vicious gang. Rape and murder follow

Thursday, March 30

SMOKEY AND THE BANDIT—Burt Reynolds, Sally Field, Comedy PG

Illegal beer, marriage and pursuit get entangled

Friday, March 31

PEOPLE THAT TIME FORGOT—Patrick Wayne, Douglas PG Action

Search for missing person takes place on lost island

Saturday, April 1

HERBIE RIDES AGAIN—Helen Hayes, Ken Berry, Comedy 6 p.m.

Another Disney movie plus Helen

ANNIE HALL—Woody Allen, Diane Keaton, Comedy. Two ex-lovers meet in N.Y., have problems, but do friends.

Sunday, April 2

THE NEXT MAN—Sean Connery, Cornelia Sharpe, Action Drama

About a Saudi Arabian diplomat.

Monday, April 3

FOR WHOM THE BELL TOLLS—Ingrid Bergman, Cooper PG-Drama

You know about this one

Tuesday, April 4

SUSPIRIA—Stefania Casina, Jessica Harper R-13. Come with someone for this one.

Wednesday, April 5

THE GAUNTLET—Clint Eastwood, Sondra Locke, R-13. Clint escorts a girl to jail and syndicate opp

Thursday, April 6

DIGBY THE BIGGEST DOG IN THE WORLD—Jim Frawley, Angela Douglas, G-Comedy

Dog gets mixed up with science.

Defensive

Driving

Week,

April 2-8

The skilled driver should:

- Anticipate what is likely to happen next.
 - Plan for plenty of time to reach one's destination.
 - Know that the driver of a car making a hurried stop at the curb usually will jump out immediately on the traffic side.
 - Assume that the driver who weaves or slows down when approaching a corner will probably turn.
 - Stay alert for turning drivers who will probably swing out slightly before making a turn.
 - Remember that the one predictable thing about pedestrians, particularly the very young and very old, is that they are unpredictable.
 - Be on the lookout for children when driving through neighborhoods. They can appear from seemingly nowhere and often follow toys, such as ball into the street.
 - Watch out for the unsteady, weaving cyclist.
- Above, all, defensive driving is careful, considerate driving, regardless of who has the right-of-way. As the old saying aptly states, "It's not who's right it's who's left."



THIS COULDN'T HAPPEN TO YOU? Don't be too sure! This accident happened this month right at the Mountain Boulevard entrance to the Medical Center. There have also been serious accidents in the past at the

Keller Avenue entrance. Please exit and enter with utmost caution. Drive defensively. You may be obeying all the rules, but how about the other fellow? The life you save may be your own.

THE OAK LEAF

Vol. 40, No. 7

Naval Regional Medical Center, Oakland

Friday, April 7, 1978



Vivian Ollila

Work praised

The annual recognition of volunteers at NRMCM Oakland took place on March 30 with our Commanding Officer, Rear Admiral Lonergan, presenting many of the service awards.

Seven volunteers have over 20 years of American Red Cross Service. Gladys Nieman leads with 39 years; Helen Ayres, 36; Gloria Hewitt, 28; Ella Rose, 28; Peggy Gruner, 26; Elizabeth Scott, 24; and Mary Passanissi, 22.

Fern Howerton, Alva Reiner, Ruth Haberman, Evelyn Pullen and Rosemarie Leonhardt have served over 10 years as volunteers.

Those offering over 5 years of volunteer work include Doreen Rose, Shirley Schalla, Virginia Cook, Hazel Daniel, Doris DeFelice, Jean Miller, Lois Trumbull, Janet Gale, Marjorie Glotch, Caroline Hodges, Alexine Hofmann, Helen Little, Ardeth Sklincher, Pat Taylor and Catherine Davis.

Volunteers giving one or more years of service are: Enid Harvill, Ethel Nutting,

Cathy Powlesland, Bill Hattwick, Ruth Johnson, Mae Matos, Katherine Mullarky, Helen Scott, Wendy Sieb, Blanche Duarte, Don McKnight, Johanna Onffroy, Jeanette Beebe, Gina Fenton, Irene Figroid, Loretta Jahromi, Judith Larese, Kathy Minogue, Audrey Morgan, Anna Pidgeon and Ruth Wooton.

Acknowledgment is made of new volunteers Gloria Bottom, Lani Bresler, Novia de Carrillo, Terry LeVoic, Dorothy Muzio, Leta Palmer, Patricia Rasmussen and Linda Seeterlin.

The reception table was laden with a big cake and an assortment of nuts and many cookies, and the recognition party afforded many volunteers their first opportunity to meet our new field director, Miss Vivian Ollila.



New CMC introduced

Commanding Officer's Column

This week let me introduce to each of you the new Master Chief of the Command, HMCM Stephen Brown. Master Chief Brown comes to his present assignment after being the leading chief petty officer of the PMT School.

A veteran of 26 years of Naval Service, Master Chief Brown has shown that he possesses the motivation, experience and ability to be a superb Master Chief of the Command. I am impressed by his credentials to do the job that has to be done for all of us.

The reason for having a Command Master Chief is simple. He is charged with representing the enlisted members of this command. Whenever a policy is formulated or contemplated that may have an impact on the enlisted community, Chief Brown's job is to advise me and my other staff what that impact will be. He is, in effect, my eyes, ears and hands in the enlisted community.

A primary aspect of Master Chief Brown's job is counseling our enlisted members. Because of the wide spread of ages and career backgrounds here at the center, only a man of superb talent and background would be effective. Master Chief Brown, in my opinion, fits that qualification.

Another aspect of Master Chief Brown's job will be to travel with me, both within the center and the region. In this way I will have a more comprehensive view of the total happenings in the command.

I expect him to follow up personnel actions with investigations and add his own solutions. Often times a problem can be solved by the CMC which no one else could or would solve. As an example, I expect him to tell me the personal side of most cases when appropriate. There are often extenuating circumstances revolving about a violation of regulations which will tend to temper its outcome or final resolution.

As the Command Master Chief, Chief Brown will function as head of the Enlisted Advisory Board and program. One of my most urgent of priorities is to get the enlisted advisory program moving for the benefit of all.

In addition, I expect Master Chief Brown to assist me as a co-keeper of navy customs, traditions and regulations within the Command. I expect him to be all Navy, all day, every day, but with understanding and compassion.

His office door remains open to you. Go see him, talk to him and with him. Tell him your problems. Things he can't solve and make better he'll bring to me.

Master Chief Brown has a difficult job on his hands. I look forward to seeing him in action. I ask each of you to work with him. I think you'll be surprised how much he will accomplish for you and for me. Thankyou.

W. M. LONERGAN

The Short Sheet

Private contracting eyed at eight sites

The feasibility of converting maintenance, security and food service functions to contractor operation will be studied by the Navy in FY 79. The Public Works Center of San Francisco is one installation to be studied.

CHAMPUS extends coverage in two areas

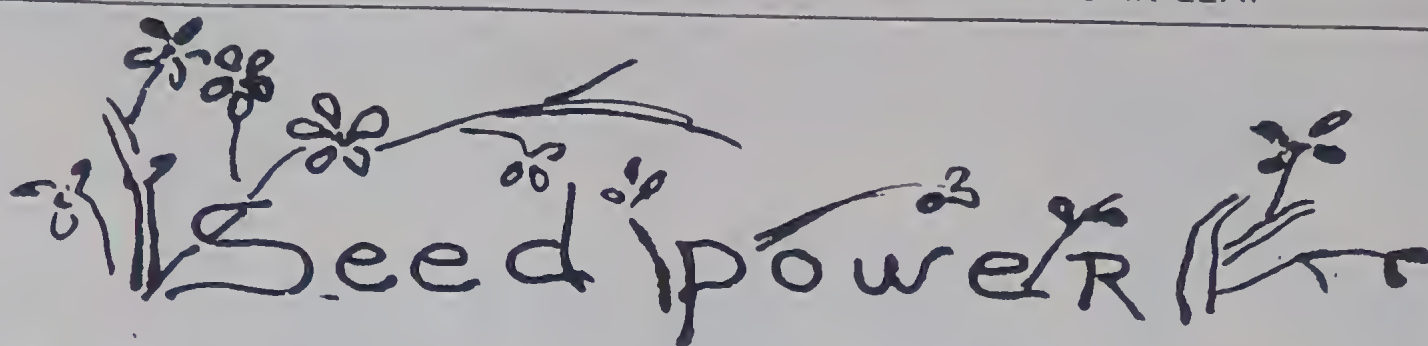
The Civilian Health and Medical Program of the Uniformed Services has been extended to include private ambulance transportation to military hospitals and for treatment of service-connected illnesses and injuries.

DOPMA passes House of Representatives recently

A Defense Officer Personnel Management Act (DOPMA) passed the House; it will establish uniform guidelines in all the Services for the management of active duty commissioned officers and will provide equal promotional opportunities.

Bill containing retainer pay provision under study

In December, 1977, the Secretary of the Navy authorized the Navy to continue processing fleet reserve transfers for members with approved retirement dates based on 19 years and 6 months of service while awaiting congressional approval of modifications in the retirement system.



The following article was found on a bookshelf in a library in Seattle. After reading it, I was offended and impressed at the same time. I was offended because it (the article) touched my pride. I was impressed because I sensed that there was something real, something genuine about the words I read.

The article goes like this:

"You'll never make it. Even if you tried as hard as you could, still you'd never make it. You just weren't meant to. Even if you got up in the morning and said resolutely, 'I'll make it this time. Today it will be different,' and then put forth all your effort, you still could never make it. Not much time would pass and you would find with some little slipup or perhaps some horrible mistake, that you could never make it. You could never live the ideal life. We humans just can't do it."

No matter how you arrange things around you, there remains a hole, dissatisfaction, a longing. If you get all you want, it's a bore; and your finest question only gives birth to another question: What's it all about? And where are you

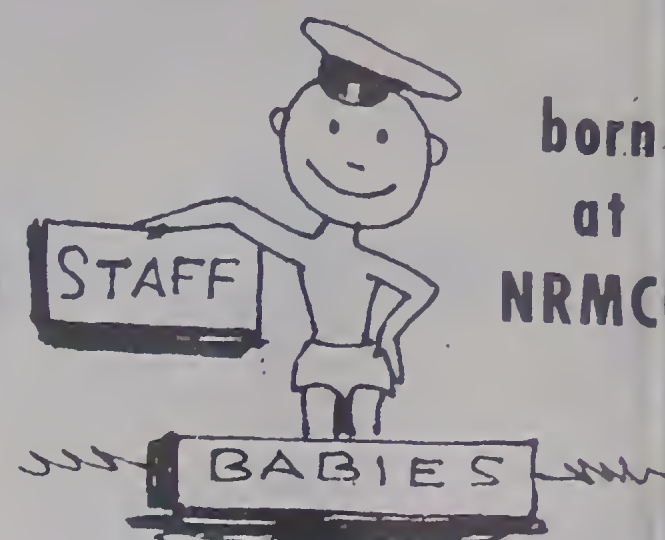
headed? Even if you knew, you'd never make it. We just don't have the power. That's why. Within us, there's not the power.

Yet a seed floated to the ground. A tiny insignificant seed blown by the wind, or perhaps dropped by the hand of a man. It fell into the ground, and the earth closed up around it. Everything looked the same. Nobody thought anything had happened. Yet, in the course of time, when the rains came and subsided, something green and tiny pushed through the ground. It made it. The seed made it.

God's life entering into you, noiselessly, at the turn of your heart to Jesus, is just like a seed that floats down into the deepest part of your being and takes root, turning over the old soil, receiving the rain, and soon CHRIST rises again. He comes forth. He'll make it, in you.

The earth beareth fruit of herself, first the blade, then the ear, then the full grain in the ear. But when the fruit is ripe, straightway He putteth forth the sickle, because the harvest is come. (Mark 4:26-29 ASV)"

HM2 C.S. Sylvester



on Feb. 9, 1978, Suzanne M. Zacharatos, weight 3204 grams, daughter of Janet Marie and HN J. Stephen Zacharatos. on Feb. 16, N. Michelle Gardiner, 3912 grams, daughter of HMC Ida Bell and HM1 Morrie Marie Gardiner. on Feb. 24, Huldah De McCrory, 3019 grams, daughter of Jc Marie and HM3 Anthony Douc McCrory. on March 11, Amanda Johns, 2722 grams, daughter of K. Joy and HM2 Robert Lee Jones. March 28, Jeffrey Skipper O'Neal, 36 grams, son of Judy Lea Long O'Neal. LT Lynn Wesley O'Neal. on March Angelique Marie Lancaster, 3416 grams, daughter of Maida Arene and HM3 Jc Daniel Lancaster. on March 30, Greg Scott Benne, 3686 grams, son of M. Ann and HM2 Jeffrey Allen Benne.

Who's been doing what. . .

Navy Good Conduct Awards

HM2 Thomas C. Long, Nuclear Medicine
HM2 Michael H. Miller, Nuclear Medicine
SH2 Isagant C. Rojo, Operating Management
HM3 Patricia L. Grover, Moffett Field
HM3 John D. Lancaster, Military Personnel
HN Blake D. Abel, CIC
HM3 Kelly L. Shafer, Urology

Reenlistments

HMC Norman L. Mastalarz, Treasure Island
HMC Rose M. Percival, Radiology Service
HMCS Leroy R. Ward, PMT school
DT3 Tomas P. Calimlim, II, Dental Service

Promotions

To LCDR, Terry L. Rittmeyer, MSC, Pharmacy Service
To LT, Kathy N. Crispell, NC
Diane Lee Florin, NC
To LTJG, Judith S. Kohlhausen, NC
Delanor A. Manson, NC
William T. Nunns, NC
Juliette T. Schmid, NC
Dennis A. Steffen, NC

Frocked

As CDR, Francis C. McKown, NC
As LT, Robin B. Brown, MSC, Nursing Service
Frederick J. Reeg, Jr., MSC, Data Processing
William R. Sattley, MSC, Comptroller's Office

Augmentations

LCDR Earl K. Mack, Jr., MSC, Pharmacy Service
LT Dennis A. Ellis, NC
LT Robert C. Rockhill, MSC, Laboratory Service
LT Evelyn P. Strode, NC

Advancements (To rate indicated)

HMC John F. Morgan, Medical Repair
HMC Rose M. Percival, Radiology Service
HM1 Henry M. Gasang, to 29 Palms (Marines)
HM1 Barbara S. Heep, Laboratory Service
HM2 Robert V. Aguilar, ENT Service
HM2 Sheila M. Davis, Radiology Service
HM2 Patrick F. Donohue, Pharmacy Service
HM2 Russell J. Fowler, PMT School
HM2 Noel A. Gaspar, Laboratory Service
HM2 Bonnie R. Leyland, Physical Therapy
HM2 Bienvenido D. Malonzo, Laboratory Service
HM2 John T. Morton, Hypertension Clinic
HM2 Ruth A. Pierson, Pharmacy Service
HM2 Robert L. Vitt, NP Service

Detachments

CDR Earl F. Evans, MC, RAD
LT Stephen M. Dorman, MC, to Newport, RI
LT James V. Finch, NC, to Guam
LT Jonathan Venn, MSC, to Okinawa
LTJG Anne L. Branstad, NC, RAD

Reportings

LCDR John P. Methner, MC, to Psychiatry Service
LCDR Ruth E. Morlock, NC
LT Linda F. Atkinson, NC
LT Kathleen M. Bonnet, NC
LT Melodie R. Cook, NC
LT Charlene E. Johnson, NC
LT James W. Leister, NC
LT Carol A. Riddell, NC
LTJG Elizabeth G. Mercker, NC
ENS Evelyn P. Deane, NC
ENS Anne K. Kennedy, NC
ENS Robin J. Orr, NC
ENS Shawnee K. Paulson, NC



THE COMMANDING OFFICER takes special pride in the ceremonies performed in official capacity. Here SH2 Rojo receive Good Conduct Award.

Commendations

LCDR Robert A. Bush, MC, (from U. Arnold), Surgery
HM3 Stephen R. Featherston, Norfolk,

Civilian Retirements

Orville Harry, Housekeeping
James Wrighting, Transportation

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM W.M. Lonergan, MC, USN, Commanding Officer
CAPT Victor M. Holm, MC, USN, Director of Clinical Services
CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services
LCDR Charles R. DeKrey, MSC, USN, Assistant Director of Administrative Services, Public Affairs Officer
Editor: Jo Spivey
Photography: HMC Steve Spring, HM3 Tracy, Staff

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Opinions contained herein are not official expressions of the Department of the Navy. THE OAK LEAF receives American Forces Press Service and Navy News material.

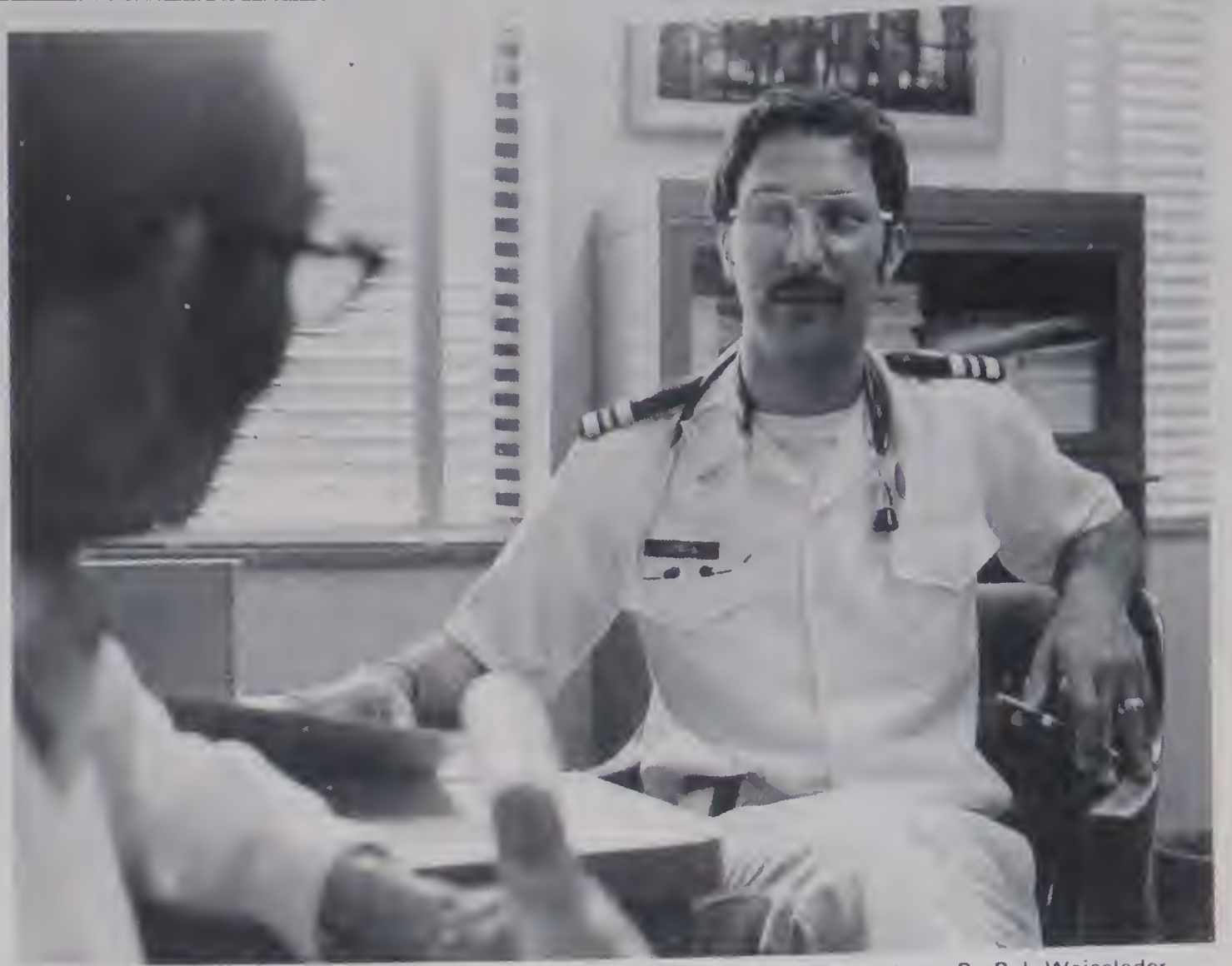
Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF. Naval Regional Medical Center, Oakland, CA 94627

Friday, April 7, 1978

Doctor in the spotlight...

Larry Lutwick is a non-stop talker with a Brooklyn accent, whose staccato verbal profusion tends to rivet the attention of listeners—even if his meaning escapes them.

Lutwick is a highly specialized physician, an authority on infectious diseases, a medical academician as well as practitioner. He is a doctor with 10 years of intensive training, beginning at Downstate Medical School at the State University of New York, Barnes Hospital in St. Louis and the Division of Infectious Diseases at Stanford University Hospital.



U.S. Navy Photo By Bob Weissleder

DR. LARRY LUTWICK, talks with a patient in his office. He lauds Navy patient care and its physician training programs.

Researched DNA

The Navy lieutenant commander has been published in a variety of medical journals and has done years of research on the DNA of the hepatitis virus and its association with liver cancer. He is partially responsible for the first successful treatment of chronic hepatitis B infection.

Thus, it surprises some people to learn that Dr. Lutwick is only 29 years old. It surprises others that, given his background and qualifications, he isn't in lucrative private practice or at a prestigious university. Instead, Dr. Lutwick is a staff doctor here at Naval Regional Medical Center.

"I think the medical house staff here is as good as the ones I trained with, and they were the cream of the nation's medical school grads. I've worked at Stanford and at Barnes—two of the high class academic medical institutions in the country. And what I see of the care here, it's just as good," said Lutwick.

Both the Navy and Dr. Lutwick have gained, apparently, from the association.

Enjoys Navy life

"I like the Navy. It has a very good training program, providing field trips and assignments to other institutions. For instance, they sent me down to the Naval Alcohol Rehabilitation facility at Long Beach (Calif.) and to Balboa Naval Hospital at San Diego where I ran the Department of Infectious Diseases for a month," said Dr. Lutwick.

"These are training opportunities of a kind not available to many doctors without military experience," he said.

For his part, Dr. Lutwick brought to the Navy a highly refined specialty in viral infections.

He entered the Navy in 1976 under what was then known as the Berry Plan, a provision in the nation's draft laws that allowed a medical student to defer his military obligation until completion of all medical studies.

In his case that meant not only medical school and residency, but two additional years on a post doctoral fellowship at Stanford where he pursued research on hepatitis.

"In simple terms," Dr. Lutwick said, "there are two common hepatitis viruses—A and B. And B forms what used to be called serum hepatitis, the kind you used to get most commonly from blood transfusions."

Questions casual factor of liver hepatitis

He said his research followed two directions—trying to pin down whether the hepatitis virus is a causal factor in liver cancer and to find a suppressant for the chronic hepatitis B virus itself.

"We have long known that an association exists between chronic hepatitis infections and liver cancer. But it is not clear that the virus is causing the cancer and that was—and will be again when I get back to it—the point of my research," Dr. Lutwick said.

He said a system he developed for tracing any such connection is to "put a radioactive label on the DNA," the genetic code of a cell, in this case a virus, "and follow it wherever it goes."

Dr. Lutwick continued "Then I took the DNA that we were able to extract from a liver cancer and other kinds of liver cells, to see if we could detect any evidence of this hepatitis virus DNA."

So far, he said, the tests have been promising but inconclusive.

Investigates hepatitis B virus

Another related field of research which produced more immediate results, Dr. Lutwick said, was investigating a compound that works directly against the hepatitis B virus.

Dr. Lutwick said such a chemical—Interferon—was tested at Stanford on a young girl who appeared to have a chronic viral infection of hepatitis.

Interferon tested

"She wasn't overtly sick, but it was slowly progressing," he said, "a situation that exists unknowingly in many people."

"We gave her Interferon and were able to suppress all evidence of the infection, the first time anybody has ever gotten a handle on anyone with the chronic hepatitis B infection."

Such findings, he said, are of major importance to the military because hepatitis is a disease that seems to strike 20-to 40-year-olds more commonly than other age groups. He said there are usually four to six hepatitis patients being treated at Oak Knoll at any one time.

Also researches malaria

Because of his research successes, the Navy has offered Dr. Lutwick the chance to do developmental research on a malaria vaccine in a project at Bethesda Naval Hospital in Maryland.

"Malaria is one of the most common infectious diseases in the world and to work on such a project would be most rewarding," he said.

His Navy obligation is two years and he is now toying with the idea of renewing the affiliation.

"If things seem relatively stable, I might stay in. It depends on job offers at the time."

Dr. Lutwick and his wife Suzanne, a native of Canada, currently live in Oakland with their two children.

FROM THE DESK OF THE NEW COMMAND MASTER CHIEF

I never dreamed that one day I would have the chance to represent the entire enlisted community of our region as the Command Master Chief. I feel proud and honored to be able to serve you in that capacity.

Does this appointment mean I walk on water, catch bullets in my teeth, leap over tall buildings and will never be confronted with any problems from now on?

Far from it, it would be a gross injustice to believe or even think that any organization could exist without being faced with problems, especially when dealing with personnel in today's Navy.

I will work for you and my door is open to each and every one of you including your dependents. Whether you are a corpsman or an Admiral, male or female, minority or majority, you can come to me with problems, suggestions or criticisms

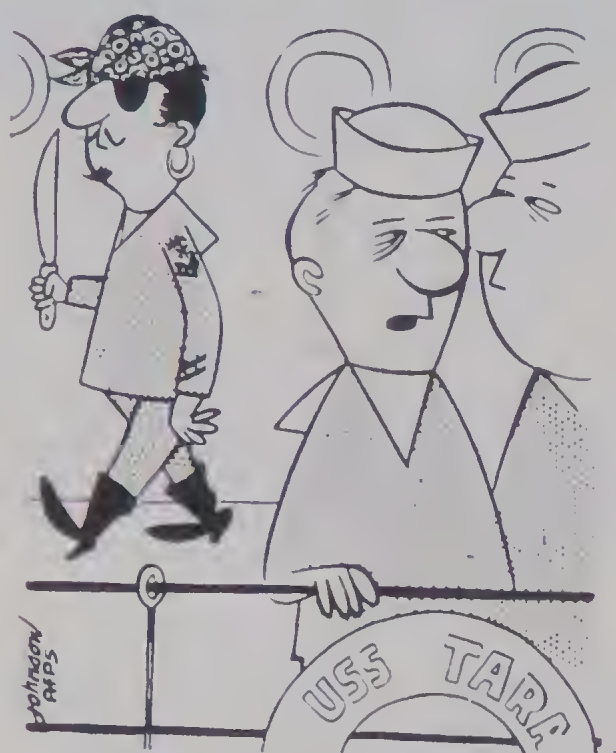
and they will be dealt with. I will do my best to diligently serve your best interests and maintain the dignity and worth of the individual. All I ask is for your support, for without it I cannot function.

It is incumbent on all of us and especially our senior hospital corpsmen to motivate, train and counsel. Leadership by loyal, strong and intelligent officers is the backbone of the hospital corps and the Navy.

As my new tour begins, I would like to say I am here to listen, I am here to help. I am one Command Master Chief and an hospital corpsman who firmly supports and believes in you as individuals in the Hospital Corps and in the Naval Service. With your help, we will make this the best Medical Center in the Navy.

HMCM STEVE BROWN

Info to go at Crew's Library



"EVER SINCE Cavanaugh FINISHED READING 'TREASURE ISLAND' HE HASN'T BEEN THE SAME."

GOLFERS WANTED!

Golfers are desired in order to form a NRMV Varsity golf team.

League play starts on or about April 24, 1978.

Please contact HMC Hogerson, ext 2147.

RACQUETBALL

The 11th Naval District (North) singles racquetball championships will be May 15 to 19 at Naval Support Activity, Treasure Island. A double loss elimination tournament will be in effect.

The first four places will qualify for the West Coast Championships at San Diego Naval Training Center on June 5 to 9.

Contact Ron Brown, exts 2350 or 2479 for more information.

ART CONTEST

Rules and entry blanks are available at Special Services concerning the 11th Naval District Art Contest.

Art work must be delivered to the Museum at Treasure Island before 3:30 p.m. on April 29 in order to be hung and judged.

Four divisions of competition will be for children 11 years and under; youth, age 12 to 17; adults, 18 to 64; and Seniors, 65 and over.

The art media may be oils, acrylics, water color, pastels, charcoal or pen and pencil, and winners will be announced at a reception at the Museum on Saturday, May 6, at 2 p.m.

National Library Week ends tomorrow, but it is hoped that the message of this year's theme, "Info to Go," has come through loud and clear. Crew's Library has more to offer than books on loan.

A military base library strives to provide the Armed Forces community with professional and leisure-time library services. Servicemembers involved in off-duty education courses will find that Crew's Library is equipped with comprehensive selections of reference books, general books, indexes, bibliographies and so forth to meet their academic needs.

And for after-hour recreational reading, there is a variety of hobby, sports, fiction and non-fiction books and magazines. Naval Regional Medical Center also has a collection of Super-8 films and records spoken, popular and classical.

Why not dedicate April as "Library Month," and find out just how much Info to Go there really is at Crew's Library in building 101?

MOVIES

Movies presently start at 7 p.m. except for the double feature on Saturday. Please check the time that you would prefer to attend the movies and send your response to SPECIAL SERVICES. Thank you.

(Vote Your Time Choice)

4 30 5 00 5 30 6 00 6 30 7 00 Other

Friday, April 7

WALKING TALL: FINAL CHAPTER—Bo Svenson, Margaret Blye—ACTION R

Organized crime is up to its bad deeds again with the torture murder of a hooker who had been romantically mixed up with the sheriff.

Saturday, April 8

MUSTANG COUNTRY—Joni McCrea, Robert Fuller—DRAMA G 6 p.m.

An ex-rodeo star tries to win a \$500 bounty for capturing a mustang that has always escaped from the previous roundups.

TENTACLES—John Huston, Shelly Winters—DRAMA PG 7 05 p.m.

A giant octopus, upset by underwater radio waves, sucks people under the water and devours them. A scientist is called in to combat the monster with trained killer whales.

Sunday, April 9

SURVIVE—Hugo Stiglitz, Norma Lazareno—DRAMA R 7 p.m.

Twenty-six people survive a plane crash in the mountains including members of a college rugby team. The struggle to remain alive brings cannibalism.

Monday, April 10

ROMAN HOLIDAY—Gregory Peck, Audrey Hepburn—COMEDY G

A classic about a lonely holiday for a royal Princess that is suddenly transformed by a love affair with a newspaper man.

Tuesday, April 11

KINGDOM OF THE SPIDERS—William Shatner, Tiffany Bolling—HORROR PG

Spiders organize into an army and must be stopped by a veterinarian and an entomologist.

Wednesday, April 12

BOBBY DEERFIELD—Al Pacino, Martha Keller—ROMANTIC PG

Romance between a grand prix racer and flamboyant talkative girl but bikini causes a problem.

Thursday, April 13

STAR PILOT—Leonora Ruffo, Anthony Freeman—SCIENCE FICTION PG

Two men working in a remote region of the coast discover a strange machine which turns out to be a distant space vehicle. Science Fiction fans will love this.

Friday, April 14

THE CAR—James Brolin, Kathleen Lloyd—HORROR PG

This fingernail chewing type picture gets off to a good start with a mysterious black car driven only by an unseen power. Exciting!

Saturday, April 15

RIDE A WILD PONY—Michael Craig, John Mellon—COMEDY G 6 p.m.

A poor Australian farming family gets in trouble for sending their son to school. A heart warming story for Disney fans.

THE SWISS CONSPIRACY—David Jansen, John Saxon—DRAMA PG 7 35 p.m.

A conspiracy to defraud a bank, blackmail and murder are stirred together to make a dish of mayhem.

Sunday, April 16

MOVING VIOLATION—Stephen McHattie, Kay Lenz—ACTION PG

A policeman is murdered by the town's sheriff who proceeds to blame the crime on the only witness.

Monday, April 17

ELMER GANTY—Burt Lancaster, Shirley Jones—CLASSIC PG

Gantry, an opportunist, teams up with a big-time evangelist. This movie has an excellent cast; it will be a classic for years to come.

Tuesday, April 18

THE LAST 4 DAYS—Rod Steiger, Francis Ford Coppola—DRAMA PG

This is reported to be the true life story of Benito Mussolini.

Wednesday, April 19

SEMI TOUGH—Burt Reynolds, Kris Kristofferson—COMEDY R

Better leave the kiddies at home for this one! This is a rated R, however, the reviews say this is a very good picture indeed.

Thursday, April 20

THEY'RE COMING TO GET YOU—George Hamilton, Susan Scott—HORROR R

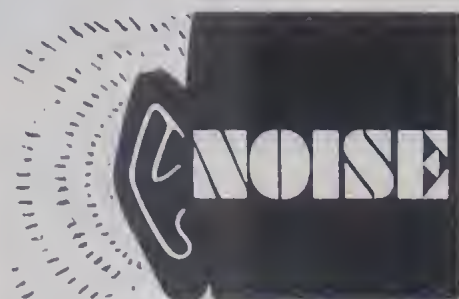
Susan Scott has horrifying nightmares and needs psychiatric help. In doing so, she meets a strange girl who leads her to a bizarre demonic ritual and from then on she is seduced by demonic spirits. Make sure you want to pick a friend with care!

THE OAK LEAF

Naval Regional Medical Center, Oakland

Friday, April 21, 1978

Vol 40, No. 8



Had an audiogram lately?

by Wayne Loyborg

Hearing loss as a result of exposure to intense noise is of great concern to the Navy. Research has shown that continued exposure to such noise can cause permanent hearing loss in humans.

Role of the cochlea

All audible sound is channeled to the eardrum. The eardrum vibrates in response to the sound and that vibration is transmitted through the smallest bones in the body to the inner ear, also called the cochlea. The cochlea is a small snail-shaped organ filled with fluid and thousands of tiny hair cells. Sound vibration moves the fluid in wave-like motions causing the hair cells to bend back and forth much like seaweed in the ocean. Each time a hair cell is bent it sends an impulse to

the brain; the brain differentiates between the sound of a baby crying and engine room noise.

It is in the inner ear, the cochlea, that noise-related damage to hearing can occur. If a sound is very loud, waves produced by that sound may be sufficient to damage or destroy the hair cells. When that happens, a sensation of hearing loss results.

Hearing loss warnings

At the end of a workday have you ever noticed any of the following?

- Ringing in the ears
- Difficulty understanding others
- Speech sounds muffled
- Temporary loss of hearing that returns to normal in a few hours.

If you have noticed any of these things you may be slowly

losing your hearing.

Protection against hearing loss is provided by using sound deadening earmuffs, earplugs or both. This hearing protection does not block out all sound, only the most harmful. Yearly hearing tests can tell if your hearing protection is working.

Audiogram

Earplugs to protect your hearing are available at your local dispensary or at ENT Service, NRMC Oakland. Get them and use them. If you work in a noisy area and have not had your hearing checked within the past year have it done now.

Noise-related hearing loss can be prevented only if you take the time and effort to use the hearing protection available to you. Audiograms may be scheduled through ENT, or check before 12 noon with staff sick call.



IM3 DEBRA NAKOVICK HELPS EVALUATE a new audiometer for clinical use. Four hundred audiograms will be performed in testing computerized versus manual techniques.

LEAVE IT TO THE NAVY to see the world at an early age. Very, very young Lindsay Freeman, at one month, has started gadding with these lively members of the Officers' Wives Club, who toured Sunset House on April 12. Lindsay is the daughter of Donna and LT L.D. Freeman (Internal Medicine). It is not known how she enjoyed Sunset's beautiful gardens, but on the bus she slept through the din of 50 chattering women. (Suppose she needs an audiogram?)



Art Auction for Scholarship fund

The Art Auction offers an unusual opportunity to view and acquire exclusive editions of original graphics, oils and watercolors by international award-winning artists Rockwell, Henrie, School of Paris Artists of exceptional merit and many, many more. Such world-famous masters as Dali, Picasso, Miro and Chagall will also be represented.

Each work of art is displayed in a frame individually selected to complement that particular piece.

All art unconditionally guaranteed.

*The N.R.M.C.
Officers' Wives' Club*
cordially invites you to attend an
Art Exhibition and Art Auction
for the benefit of the
1978 College Scholarship Fund
to be held at
The Officers' Club
Naval Regional Medical Center
Oakland, California
Friday, May 19, 1978

Exhibition: 6:30 p.m. Auction: 8:00 p.m.
Donation: \$2.00 per person
Cheese and Fruit Reception
No Host-Bar



The following letter was received by the Commanding Officer Friday, April 7, 1978.

1. The 150 residents and interns, as well as the rest of the house staff, do not have an area which would permit them to eat bag lunches, discuss patients informally among themselves or catch up on their reading. Other personnel in the hospital, including civil service, nursing and enlisted staffs have separate spaces assigned to them for this purpose. Since the officers' mess specifically prohibits bag lunches, the house staff would appreciate the designation of a doctors' lounge for themselves, if possible. Perhaps one of the empty areas which have become available as a result of the reassignment of wards could be used for this purpose.

2. (Paragraph 2 deleted.)

3. There has been a problem in the supervision of ambulatory psychiatric patients from the fifth floor wards. These patients unnecessarily tie up the already overcrowded elevator system by riding the two floors up and down to the snack bar and other third floor facilities. Since many of them are able-bodied ambulatory active duty personnel, we feel that they should be directed to use the stairs to allow space for the medical and surgical patients on the elevators.

4. The barber shop on the third floor is filled many times with retirees who do not desire to sit and wait at the main Navy Exchange building for their haircuts. Since it is very difficult for doctors to predict when they will have enough spare time between patients to get a haircut, they cannot always take advantage of the appointment system. We would appreciate a sign in the hospital barber shop stating that all uniformed hospital staff will have head-of-the-line privileges. This is the policy in force at both the main exchanges at Alameda and the Presidio.

Respectfully submitted,
LCDR Ben T. Ho
LT Bonnie Potter
LT Tom Sizemore

Dear Doctors:

Thank you for your letter. The idea of a staff lounge is an appealing one. A survey of possible sites is now underway. I would ask that the three of you meet with LCDR McCalmont and LCDR De Krey, of the Administrative Staff, to outline specific desires for the lounge, identify suitable spaces and make specific recommendations to me. If the plans are acceptable and within the Health and Safety Code, they will be implemented as soon as possible.

Item No. 2 in your basic letter is being addressed through more appropriate channels because of the personal sen-

NEA memberships offer many rewards

The Naval Employees Association (NEA) is an alter ego for all civil service employees on legislative and political fronts. Acting as one person, it is hard to be heard but as a member of an organization, strength is manifest in united action.

The NEA maintains constant contact with city, county, state and federal leaders to promote good will for the entire community of federal workers. It helps guarantee that a representative is in Washington and on the local homefront to protect the civil service interests. A membership drive is now on through May 1. The investment of \$5 for a membership is an investment in your job and your future.

Who was there fighting when there was a campaign to require payment into both the Social Security and Federal Retirement Systems? The NEA. Important legislation is still pending that needs close attention. The NEA strives to be your other self, the friend which helps unite us all when we have no time for individual action.

Hazel Harlow, Civilian Personnel, will accept your dues now and will answer further questions. Phone ext. 2116.

Feedback from the C.O.



sitivities involved. It was deleted from your letter for the same reasons. A solution is being worked on.

The new Chief of Psychiatry has instituted a new policy: a psychiatric patient is ambulatory and ready for liberty. A patient is transferred to the holding company on Treasure Island. This policy has reduced our on board psychiatric patient load by a significant percentage. In addition the Chief of Psychiatry has instructed those remaining on the fifth floor to use the stairs when going from or to the third floor. The basic fact remains that a psychiatric patient is as much a patient, sometimes with as many medical difficulties, as an ambulatory surgical or medical patient. They have the right to use the hospital's facilities, including the elevators, as much as you or I. I ask that all users of the elevators consider taking the stairs when they have to transit only a couple of floors.

Your comments on the barber shop may be a bit extreme. Your criticism of authorized patrons, however, your idea is a good one. A memo to the resident officer in charge of the barber shop has been prepared outlining the proposed "house staff served first" service system here in the main building barber shop. Of course this will probably institute an appointment system in the Navy Exchange Building barber shop, which is now on a house staff served first basis. I take this action because I know how busy most of our doctors are. I expect haircuts and grooming standards of the entire staff to reflect this improved service. Thank you.

(NOTE TO READERS: Two other letters concerning residents/interns lounge were received. The issue was addressed in the preceding response.)

A Chaplain speaks

HAPPINESS IS...

Snoopy claims that happiness is a warm puppy. Linus holds that happiness is a soft blanket. These opinions delight us because of their simplicity and truth. Jesus, too, delights us with his teaching about happiness; his words, the Beatitudes ring with simple truth:

Happiness is knowing you are spiritually empty and need to be filled with God.

Happiness is allowing yourself to feel deep emotion, like sorrow and compassion.

Happiness is being very gentle with others.

Happiness is desiring to do what God requires.

Happiness is giving mercy and pardon to those who have hurt us.

Happiness is working for peace and reconciliation among men.

Happiness is suffering ridicule for doing what God requires.

You will find an even better translation of Jesus' words when you turn to our Bible, Matthew 5:1-12. Let the Lord reveal to you personally the key to real happiness, the happiness that comes only as a free gift from God.

Father Dave Beck



NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

PADM W.M. Lonergan, MC, USN, Commanding Officer
CAPT Victor M. Holm, MC, USN, Director of Clinical Services

CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services

LCDR Charles R. DeKrey, MSC, USN, Assistant Director of Administrative Services, Public Affairs Officer

Editor: Jo Spivey

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Summer fun and You



DR J. S. HARDY, INTERNAL MEDICINE SERVICE, stops by Special Services to plan a weekend and to investigate the freebies and super discounts available. (Civilians have eligibility, too.)

Some people seem to always do exciting things. Aside from reading the Sunday calendar section of the newspaper, how do YOU keep up with it all?

Or don't you?
You, too, can know what's happening if you just keep your eyes open and ask questions.

Do you read the command bulletin boards? One is located down at the Navy Exchange, one is outside Special Services, two are near the mail room on the 3rd deck, and others are at various points about the compound.



MEG BRISKA GETS A SWIMMING POINTER from Lisa Diamond, who will teach aqua slimnastics at the base pool, and give lessons for parents and tots, children or adults—private or class. Lisa has skills not only in life saving, but in Cardio Pulmonary Resuscitation (CPR) and water safety.

The weekly movie schedule is posted at those points, and copies are available to take home. The Oak Leaf also announces movies and many upcoming events. A monthly Special Services bulletin tells of trips, discounts and events of current importance. Many announcements are relevant to our civil service employees as well as military. The Crew's Library also issues a listing of new titles, and frequently the Medical Library makes announcements of new interesting periodicals.

The University of California, Berkeley, is nearby and enough events are happening there on campus weekly to exhaust the most imaginative. Lectures, sports, exhibits, concerts, plays, film classics and similar listings are contained in their "The Monday Paper," which is mailed off-campus for \$3.50 a year. Address the Office of Public Information, 101 Sproul Hall, UC Berkeley, Ca. 94720, or take a look at the weekly copy in Special Services.

The Oakland Museum often has special exhibits in art, history, films and so forth. A membership is required to get on their mailing list. But to keep in touch, you may just phone 893-4257. Did you miss the Museum's big white elephant sale? Some real bargains were there for the taking.

The Officers' Wives Club publishes a newsletter about their activities. It is called "The Fig Leaf." Their editor frequently reports on restaurants or activities of special interest. Special Services maintains copies for your use.

The East Bay Regional Park and Recreational Area system runs a calendar of outings for the whole family that you wouldn't believe. The program includes nature hikes, campouts, lectures, horse back trail rides and much more. To get on that mailing list, call the Environmental Education Center, 525-2233.

If you once luck on to a trip such as that to the Ashland Shakespearean festival with the YMCA of San Francisco, or join a whale watch, you'd be a confirmed "Y" enthusiast for life. Their phone is 885-0460.

No reason for a sailor to be lonely in our Bay Area. The USOs of NAS Alameda and San Francisco have a calendar of activities geared just for the

person away from home. Their activities are not to be shrugged off, and again, once you attend your first event, you will become a confirmed USOer. Ever thought about learning chess, and for free?

Don't overlook local park programs put on by whatever community is nearest. And don't forget to list adult night school as an additional source of entertainment as well as education. Try choosing a different kind of class whether at a high school or college. For instance, you might want to take a course on stained glass and make a window for a future home. There's probably a course offering within a 10-minute drive of your residence.

(Continued on page 4)



DON'T EVER DARE SAY, "I didn't know there was a sauna on base!" You know now. Here HM1 Richard Willis of Security gets a bit steamed up.



THIS TRIP WAS A WINTER SKI EXCURSION. Sally of Special Services has other trips planned. Lucky you if there is an opening still on the bus to Yosemite Valley on May 19. Double check...just maybe!

Mr. Bowling Lanes' Manger,
Yes, I am interested in joining a League!
It's more fun to compete.

Name _____ Phone _____

My choice is:

Type of League	Time	Day
Men's.....()	Morning.....()	Monday.....()
Ladies'.....()	Afternoon.....()	Tuesday.....()
Junior.....()	Evening: First Shift.....()	Wednesday.....()
Senior.....()	Second Shift.....()	Thursday.....()
Mixed.....()	Scratch () Handicap ()	Friday.....()
		Saturday.....()
		Sunday.....()

Please return survey to the Bowling Lane Manager in person or via guard mail.

Summer fun – thru Special Services

(Continued from page 3)

BUT, most important, be certain that you know what is offered through Special Services right here at the Medical Center. They can provide discount coupons that will often save the individual 50¢ to \$150, which adds to quite a sum for a family. **Going on a vacation? Maybe you should check the savings below:**

- San Diego Area**
 - Maritime museum
 - San Diego Zoo and Wild Animal Park
 - Sea World
- Los Angeles Area**
 - Busch Gardens
 - Disneyland
 - Knott's Berry Farm
 - Lion Country Safari (show ID)
 - Magic Mountain
 - Marineland
 - Movieland Wax Museum
 - Movie World
 - Queen Mary
 - Universal Studios Tour
- San Jose/Santa Cruz Area**
 - Great America (Marriott's)
 - Frontier Village
 - Roaring Camp—Narrow Gauge Railroad
 - Santa Cruz Beach and Boardwalk
 - Santa's Village (show ID)
- San Francisco Area**
 - Bay Cruise
 - Chinatown Wax Museum
 - Golden Hinde II
 - Gray Line Tours (show ID)
 - Marineworld/Africa USA
 - Ripley's Believe It or Not Museum
 - San Francisco Experience
 - Witchcraft and Magic Museum

Tours abroad?

Of course we have several excellent activities right here on base for your enjoyment.

Athletic fields
A football field and two softball fields are near the picnic grounds. Call ext. 2350 or 2479 for information.

Bowling lanes
Six AMF lanes open 2 p.m. to 9 p.m., daily, except Mondays—50¢ per game; shoe rental 25¢. Often red pin specials (get a red No. 1 pin, get a strike and win a free game).

Pool
Seven tables to serve you. Rates 50¢ per hour each person or \$1 for two or more. At bowling alley.

Handball courts
Two four-wall indoor courts located near tennis courts.

Movies
Shown at 7 p.m. nightly, except for Saturday's double feature, beginning at 6 p.m.

Picnic grounds
Permission to use is granted through Special Services; facilities include barbecue pits, basketball and volleyball courts, softball field and children's play equipment. Reservations required for groups.

Swimming pool
Open Swim
Tuesday through Friday, 1 p.m. to 5:45 p.m.
Saturday and Sunday 11 a.m. to 7 p.m.
Staff only Monday through Friday from 11:30 a.m. to 1 p.m. (Check concerning lessons with Sally, ext. 2479)

Equipment available (gear issue open from 8 a.m. to 4:30 p.m. Monday through Friday)

For camping: back packs, cots, jugs, lanterns, ovens, saws, sleeping bags, stoves, tables, tents

For skiing: boots, poles, (includes cross country)

For fishing: reels, rods and tackle boxes

Miscellaneous equipment: baseballs, balls and bats and gloves, golf balls, golf bags and clubs, (no trailers at NAS?)

Much more!
You can price out the auto of your choice or secure information on bargains. You might desire to purchase a nite life dinner book or secure tickets to the theatre or a sports event, or you might even want a pass to the Chabot Gun Club. Special Services is an endless source of information.

Special Services can furnish maps and a wealth of information on tours of Alcatraz Island, Angel Island, Hearst Castle, the vineyards and camping areas. Yes, much, much more!

ASK Special Services first! Here are a few telephone numbers to serve you:

Athletic Director	2-3411
Bowling lanes	2-3411
Discount coupon info	2-3411
Issue room	2-3411
Patient entertainment, trips, etc.	2-3411
Picnic reservations	2-3411
Pool room	2-3411
Special Services office	2-3411
Swimming pool	2-3411
Ticket Info	2-3411



IT'S NOT FOR LONG THAT CHIEF GEORGE CANNING will be helping out in the issue room at Special Services. (He retires June 7.) The Chief has put away ski boots and poles for this season and is getting out the ole' fishing poles and golf clubs.



WHO'S READY FOR A CAMPOUT? Looks like Steven Twilleager has made!



Around and about NRMCO

Before

After



IS HAVING A HEAT WAVE— usually. And the operator at the Base Beauty Shop says she gives around 10 heat perms a month to the flows. HM2 Michael Stapleton states it for easy care it is the only way to



**born at
NRMCO**

on April 3, 1978, Nekola Castro Leon Guerrero, 4309 grams, daughter of Angelica and HM1 Henry Duenas Leon Guerrero. on April 3, 1978, Amelia Anne Johnson, 2955 grams, daughter of Dona Joyce and LT Donald Robert Johnson. on April 6, 1978, Jane Ann Laflin, 3204 grams, daughter of Carol Jean and LCDR Michael Joseph Laflin.



FLEET RESERVE ASSOCIATION BRANCH 87 OF ALAMEDA, contributes a generous gift to the patients' recreation funds. The presentation by vice-president John H. Durgess is received by rear admiral Lonergan.



REPAIR OF A CIRCUIT BOARD FOR A LIFE PAK 33 Defibrillator is performed by HM1 Stephen Brock. Steve will soon go to Denver for further training at a tri-service repair school. Civilian worker Bob Harbick is also an X-ray repairman at the NRMCO Medical Repair shop. The shop keeps in operation the patient monitoring and electro-mechanical systems, sterilizers, hospital beds, centrifuges and other highly sophisticated equipment. It supports all branch clinics and 33 ships, including the USS Coral Sea and USS Enterprise.



TELEPHONE ON SHOULDER IS A TYPICAL POSE for Millie Lumley, Supervisory Clerk of CHAMPUS. She is the Miss Information of the Civilian Health and Medical program of the Uniformed Services.

Anita Williams celebrates with Howard School

Last year Anita Williams, wife of LCDR Norman Williams, Pathology Service, devoted a big part of her life to serving as President of Howard School's Parent-Teacher Association.

When Howard School won first round in the "California Countdown" TV program, of course Anita had a personal victory. The Win was celebrated last Saturday with refreshments and a watch party at the school auditorium. The previously taped show was viewed, and Anita was there applauding her champions.

California Countdown is a Saturday children's television program in which Bay Area schools compete for school honors by answering social studies questions. Howard School accumulated 130 points against 120 for the next runnerup.

Mrs. Williams is just one of several community workers in whom NRMCO takes pride.

Are you aware of other Medical Center community activists whom we should introduce to our readers? If so, phone The Oak Leaf Editor, ext. 2113.



**OPEN A BOOK
OPEN YOUR MIND
OPEN YOUR FUTURE**

The Complete Book of Running, by James F. Fixx, is at Crew's Library, and if you're Looking Out for Number One you might wish to read that book by Robert J. Ringer.

A study of the mother-daughter relationship, as told by Nancy Friday in My Mother/My Self, might catch a fancy; or if you wish to read what former presidential aide H.R. Haldeman really had to say about Watergate and so forth, Crew's can furnish The End of Power. Also Dreams Die First, by Harold Robbins.

The hours at Crew's are 8 a.m. to 4:30 p.m. Patients can request books by a phone call to ext. 2220.



THIS YOUNG CUSTOMER at the base optical shop is trying on a new personality. Voguish, fashionable frames are arriving for your spring selection. Why not try on a new style and see how you like the new you reflected in the mirror.

Sports

1978 12th Naval District Sports Schedule

June 7, Swimming/Diving, Invitational NAS Alameda

June 17, Swimming/Diving, 12ND Championships NAVSUPACT Treasure Island

June 26-30, Tennis, 12ND Jr Vet/Sr Men's Championships, NAVSUPACT Treasure Island

June 26-30, Tennis, 12ND Women's Championships, NAVSUPACT Treasure Island

June 26-July 1, Tennis, 12ND Men's Open Championships, NAS Alameda

Track and field

The 11th Naval District (North) track and field championships will be Saturday, May 6, at Solano Community College, Suisun, Ca. Please phone Ron Brown, ext. 2350, for qualifying standards and rules

Swimming and diving

Competition in two invitational meets will be May 31 and June 7 and be open to all Naval, Marine Corps and Coast Guard personnel. Participation in a championship meet on June 17 is limited to active duty personnel only. Check with Ron Brown for fuller description.

Wives of enlisted men living in City of Alameda, ATTENTION!

The East Bay USO is starting an Outreach Program having to do with low cost bus trips in the area, employment opportunities and so forth. Get in touch with the NAS/USO Information and Referral Center, building 2, wing 1, Alameda Naval Air Station, or phone 521-2750. Ask for Marsha or Tessie.

MOVIES

Movies presently start at 7 p.m., except for the double feature on Saturday. Please check the time that you would prefer to attend the movies and send your response to SPECIAL SERVICES. Thank you

(Vote Your Time Choice)

4 30 5 00 5 30 6 00 6 30 7 00 Other

Friday, April 21

THE LITTLEST HORSE THIEVES—Alastair Sim, Peter Barkworth—Comedy G

Hard working pit ponies are scheduled to be replaced by machines to haul coal. The miners rebel out of loyalty to the animals. Delightful picture!

Saturday, April 22

GUS—Bob Crane, Johnny Unitas—Comedy G 6 p.m.

The California Atoms is a football team so bad it has to recruit a mule to do its kicking for it. Through many mishaps, the Atoms win and go to the Super Bowl

Saturday, April 22

THE GREATEST—Mohammad Ali, Ernest Borgnine—Drama PG 7 30 p.m.

The Greatest playing "THE GREATEST" Don't miss Ali's portrayal of himself

Sunday, April 23

CHECKERED FLAG CRASH—Susan Sarandon, Larry Hagman—ACTION PG

The most spectacular off-the-road race ever staged is the subject of this action-packed thriller

Monday, April 24

IN THE HEAT OF THE NIGHT—Sidney Poitier, Rod Stieger—Classic PG

This won the 1967 Academy Award for the Best Picture, Best Actor, Best Screenplay, Best Film Editing and Best Sound!

Tuesday, April 25

MEAN JOHNNY BARROWS—Fred Williamson, Stuart Whitman—Action R

Johnny Barrows returns home after being dishonorably discharged and becomes a hit man for the mafia. Another cup of violence

Wednesday, April 26

ROSELAND—Teresa Wright, Lou Jacobi—Comedy Drama PG

Three stories rolled into one. They are "The Waltz," "The Hustle," and "The Peabody." Unusual film. Excellent acting!

Thursday, April 27

DEATH JOURNEY—Fred Williamson, Bernard Kuby—Action R

Williamson is hired by the D.A.'s office in N.Y. to escort a key witness from Los Angeles to N.Y. Highly exciting and action-packed plot

CHAMPUS

Medicare sets special enrollment

Many individuals entitled prior to January 1, 1977 to Medicare and care at Uniformed Services medical facilities will be able to obtain immediate coverage of Medicare's supplementary medical insurance (SMI) by enrolling between April 1 and June 30, 1978.

This special enrollment period was established to provide relief for military retirees and their dependents and others for whom coverage at Service facilities has been reduced.

For those taking advantage of the special enrollment period, SMI coverage will be retroactive to the month in which an enrollment request is filed. By paying all retroactive premiums, however, eligible individuals may elect to have coverage date back to January 1, 1977.

Additional information can be obtained from any local Social Security Administration office. It will be necessary to present a Uniformed Services Identification and Privilege Card (ID Card) to establish eligibility.

Bits and Pieces

The new issue of that wonderful travel guide that tells how to save travel \$\$\$ is now in the press. If you want to have the late information on hitchhiking on military aircraft and other insider hints, send \$4.40 (first class \$5.00) for your copy of JOIN THE JET SET: MILITARY OR RETIREMENT PAY, Military Travel News, Box 9, Oakton, Va. 22124.

An Illinois hospital story on family planning said, "Young married couples should have a misconception about birth control methods. . . ." It might be added that if they have, there is a class at NRMCO which helps prepare them for parenthood. Look for a future article on that.

The NEA (Naval Employees Association) has a striking assertion in their brochure advertising quick-cash group life insurance. It reads: "No beneficiary has ever complained of too much life insurance."

Friday, April 28

ROLLERCOASTER—George Segal—Suspense PG

A psychotic expert in electronics and bombs goes off on a rollercoaster track, then watches the explosion through binoculars. He blackmails other park owners.

Saturday, April 29

HAWMPS—Chris Connelly, James Hampton—Comedy

This film is a comedy about a pre-Civil War army regiment to determine the feasibility of replacing the US Cavalry horses with camels. This movie is based on fact.

Saturday, April 29

CRASH—Jose Ferrer, Sue Lyon—Horror PG 7 p.m.

Ferrer is happy with his young wife, Lyon, until a car crash renders him an invalid. He blames his wife.

Sunday, April 30

THE KILLER INSIDE ME—Stacy Keach, Susan Tyrell—Drama

A sheriff's deputy during schizophrenic breakdown attempts to murder his girlfriend.

Monday, May 1

JOHNNY BELINDA—Jane Wyman, Lew Ayres—Drama

Jane Wyman gives an Academy Award winning performance as a deaf mute in this sensitive and moving story of a person living in a world of silence.

Tuesday, May 2

LOOKING FOR MR. GOODBAR—Diane Keaton, Timothy West—Drama R

Trying to break out of her rigid life-style, a girl gets into an affair with her professor. Only to be rejected by him. A breakout leads to drugs and troubles.

Wednesday, May 3

JOSEPH ANDREWS—Beryl Reid, Ann Margaret—Comedy Adventure R

In 18th Century England, the poverty-stricken peasant Joseph Andrews put him in service at Booby Hall estate. Lady Booby tries to seduce Joseph. This movie is a scream!

Thursday, May 4

SHOCK WAVES—Peter Cushing, Brooks Adams—Drama PG

You can scare yourself silly with this one! Peter Cushing stars as the heavy in this one, playing a former officer who lives on an island in the Caribbean with creatures that are only half human. A group of tourists are forced to beach their damaged boat on the island and then the events begin. SCARRRRREEEE

THE OAK LEAF

Vol. 40 No. 9

Naval Regional Medical Center, Oakland

Friday, May 5, 1978

Reflection

On 12 Years of 'Craft Project'

Editor's note: Upon request, our "ceramics lady" reviews her years of service at Oak Knoll.)

by Kaye Barnett

We started bringing ceramics on a bed-based basis for amputees way back on Ward 76B, one of the old wooden buildings just up the hill from the gate. Now, all these years later, we are still "doing our thing."

Every Thursday my loyal group of ladies join me to man the carts and make a round of wards 7-North and 7-West.

Some things are the same, but so much has changed.

At first it was all war casualties. Then we went through a period when it seemed the enemy was the motorcycle. And one year, just after Christmas, the grand villain was the skate board!

Yes, some things are the same. Two weeks ago I was bombarded on all sides with, "Someone is waiting for you in 709" and there he was—Mr. Popovitch. Ah, what memories. He was with us for the first time 7 years ago! Then we were concerned about this man who had just lost his leg. We soon discovered he could not only take care of himself, but his roommates, his ward and probably the whole darn world.

Quite a few patients come back and we are able to renew old friendships. It is always good to hear how much they are still enjoying the ceramics they did with us. For some, the ceramics are a new adventure—a delightful surprise when one discovers you can create. Many patients continue afterwards playing at their hobby, a couple have turned pro.

For all of us in "Craft Project," each week is a new challenge, a new patient to be coaxed, catered to and cajoled into trying and doing. We try anything that works. All of this because we feel it's so important to the patients' welfare.

Being hurt or ill is a negative thing. Creating even the smallest, simplest piece is a positive thing—good medicine for both body and soul. We believe this so strongly that in the past 10 years we have raised, and spent, over \$8,000 to buy the supplies to keep our craft project going full tilt. There is never a charge to the patient, it has to be free so all may participate.

In short—it's one big job. The few hours we spend on the carts are just a part of it. My husband, Ron, pours all the green-



KAYE BARNETT DIRECTS PATIENT VIOLA SANDOVAL as she glazes and readies a pitcher for firing. Seven other volunteers help keep the project going so that patients may depend on Ceramics every Thursday.

ware at our home. It takes the purchase of molds and time and miles to get the end product to the patients. Each item has traveled over 50 miles from the time it is poured until the patient gets his finished masterpiece.

This program couldn't work without a lot of help from a lot of people. Ethel Pedrick brings our fired work from Alameda. Sally Snyder delivers to individual patients and picks up finished work for the next firing. Laura O'Flaherty and Joan Bennett go rounds with the greenware cart, introducing people to the program and handing out steins, animals, banks or whatever appeals to each patient. Conny Donovan and I follow with the color cart, glazes, instructions and and whatever is needed to complete that day.

Friday means another trip to Mr. Arnold Hood at the Alameda Naval Air Stations' hobby shop, when we turn in work completed during the week. Sure, the loads are sometimes heavy, and parking can be a problem.

Cost? Over the years the money has come from the sale of my pottery, donations from individuals, Kiwanians, Lions and recently most of our support has come from the Ladies Auxiliary Fleet Reserve Associations.

We are always looking for help, both financial and otherwise.

Volunteers, do yourself and our patients a favor—come be a part of our Crafts Project.

Here I stand
 on the top
 of the world
 The grass like a vast green ocean
 engulfs the earth
 upon which I stand
 The sky sees no end
 and the trees are just now
 losing their leaves
 But 'tis not these that I seek
 Rather it is the Peace
 that can fill me
 These are the things I long for
 For if I find these
 I will know the true meaning
 of life

by GM3 Dale R. Ford
 UNITED STATES COAST GUARD
 (Patient, Room 714)



Patients discover by the 'Ceramic ladies

When the Crafts' Project ladies the wards on seventh deck on Thurs is true that they themselves be "involved" in more than slips and They become involved with people our patients.

Over the years Kaye Barnett has p herself a talent scout. "There's absolutely wonderful artist in 709," enthusiastically exclaims. "Just to him is a joy!"

Or, "One of the patients in Room has written the most beautiful poem must, must be shared."

And true, she unearths the beau many of our patients.

Take, for instance, Dale Ford, wrote the poem at the left. He lived Johnson, Kans., and last month he g two-hour lecture demonstration of aptly he can handle that prosthetic d used as his right hand. He awaits a metic hand, but Dale has gained so in this world of living that a new "really doesn't matter."

As for the patient who painted the "Lost Kids from Atlantis" at the right, YN3 Kevin Robinson is a marvel. His characters are more like photographs than sketches.

Kevin has been drawing since he was 4, and painting since 1974. But drawing and painting is not his only forte. He is also writing a book about these children of his mind who display their soul gems on their foreheads. They stay eternally youthful, and only one of them knows the reality from whence they all come.

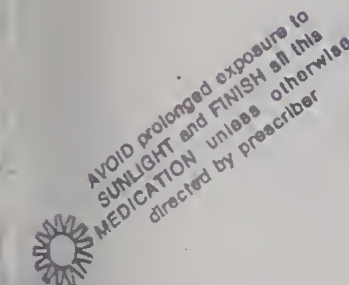
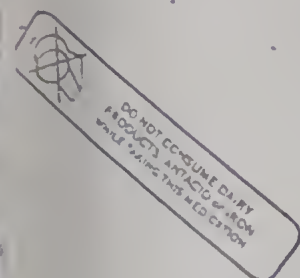
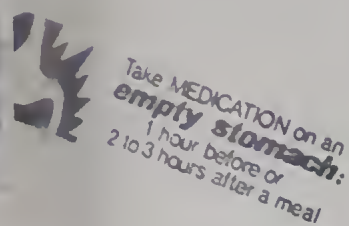
In this life they live in some Chinese community somewhere in the United States. As they learn who they are and gain understanding of self, sometimes their powers manifest shock revelations even to their own kind.

When Kevin goes back to Moffett Field, he'll return as a yeoman. But just you wait, we will one day be hearing from Kevin Robinson the writer or see his paintings in the Museum of Modern Art.

It is a privilege to be First to introduce his paintings through The Oak Leaf.



ervice in the spotlight. . .



AS MANY AS 600 PRESCRIPTIONS ARE OFTEN FILLED in a 2-hour period between 10:30 a.m. and 12:30 p.m. Above are some of the hard-working crew in the Outpatient Pharmacy, and prescription volume keeps a like crew hopping in the Main Pharmacy, lower deck.

Pharmacy Service

Pharmacy Service is that service with which the doctors would often be ineffective. It must fill the prescriptions as ordered by the MDs, but it must also perform its own checks for safety.

The Pharmacy Service at NRMCO has built into its workflow three safety checks. With the volume of prescriptions handled at our facility how is it possible that our hospital corpsmen, or "pharm techs" as they are called, are so error free?

In the first instance, they are selected to serve as pharmacy technicians because they are conscientious and dependable; they have already demonstrated high test scores before they are assigned to this service which demands so much capability. They have also completed 9 months of Pharmacy Corps school.

To run a typical prescription through its processing from beginning to end, let's suppose that Mrs. X has seen her doctor and that he has prescribed the antibiotic tetracycline. Mrs. X takes her prescription to the window of the Outpatient Pharmacy and the technician there screens the prescription for name, address and age of patient. He checks for correct dosage and

notes directions, and then hands the prescription to the typist who types and proofreads the label.

Then comes the first check. The prescription is, again, checked with the label, and the technician puts a serialized number on the label and a matching one on the prescription slip. The two then go to the conveyor belt, which runs down the center of a 12-foot work counter.

The technician who will fill the prescription takes it and the label and again reads both, check number two, then selects the medication. Medication may be counted manually or come from the Baker unit, an autocounter, or it may be prepackaged. The label goes on the medication and it is returned to the conveyor belt.

The third checker is the highest qualified and most experienced. He scrutinizes the RX very closely, ascertaining, first, that the correct medicine is in the container and that the label correctly lists the medicine. If necessary he affixes warning labels. For example, he warns that tetracycline should be taken on an empty stomach.

The patient is then called by number, which makes for accuracy. The patient was initially given a three-part prenumbered receipt stub (which bears no connection to the prescription number). The odds are against it, but two people with first and last names could conceivably be waiting at the same place at the same time. So at the issuing window the patient submits an ID card, and in our sample case is given all necessary warnings.

Most prescriptions can be processed in 10 to 12 minutes if the Outpatient Pharmacy is fully staffed. A "pivot and pass" system is used by the personnel to help save time as well as people energy. As many as seven persons may be working both sides of the counter at any one time. Although the area is not spacious, the workflow moves smoothly.

It is the goal of Pharmacy Service to get each prescription out in 20 minutes, and since about 1100 prescriptions are filled each day, there is little time for loafing.

The Chief of Pharmacy Service, Captain Angelo Petoletti, MSC, states the goal more importantly in another way, "The goal is to do it all safely."

AHOY, MATES!

I here use my editor's privilege to say "It's been great to know you." As I retire and go back to Green Country USA, I want to thank the staff of NRMCO for their operation and indulgence. I know full well I am leaving the best job on the compound, but I shall turn it temporarily over to LT Joe Griffin until a future editor is selected. Fare-thee-well and good luck All, Jo Spivey, ex-editor

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

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CAPT Victor M. Holm, MC, USN, Director of Clinical Services
CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services
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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF. Naval Regional Medical Center, Oakland, CA 94627.

Coaches needed for Youth Bowling Association's summer program

The bowling lane is in need of adult volunteer coaches dedicated to helping our youth learn to bowl. One hour weekly for a month—can you spare the time?

A coaches' clinic will be conducted, no charge, at the NRMCC bowling lanes by a certified instructor. You need not be a super bowler to effectively guide our children and help keep them creatively occupied during upcoming months of extra freedom.

Scorekeepers are also needed for the PeeWee and Prep Division Leagues. Coaches cannot instruct these children and keep score at the same time. Whether your contribution is as coach or scorekeeper, your time and effort will be appreciated. Just clip and sign below.

I am interested in coaching/scorekeeping (circle choice) for the YBA League.

Name: _____

Phone number: _____ work _____

Residence _____

Hey young bowlers!

If you will not reach the age of 21 before September 1, and are the dependent of an active duty or retired person, you are eligible to join the Youth Bowling Association's learn-to-bowl program.

Sign the form below and return it to the bowling lane manager:

☐ Yes, I'd like to join a YBA junior league

Name _____

Age _____ Phone number: _____

NCFA testing at Treasure Island

The new NCFA testing schedule for CLEP, DANTES SST's, SAT's and ACT's is as follows:

CLEP: Thursday and Friday mornings of the third full week of each month.

SAT & ACT: Tuesday morning of the third full week of each month.

DANTES SST's: Wednesday morning of the third full week of each month.

All examinations start promptly at 8 a.m. DANTES regulations limit to 15 the number of persons who can be tested in a single group. The first 15 to sign up will form the group. Anyone signing up after a group is full will be placed on a waiting list and will receive priority placement for the following month. For more information, contact Ken Smith at 765-6329.



**OPEN A BOOK
OPEN YOUR MIND
OPEN YOUR FUTURE**

In the mood for more than just a TV detective story? A visit to Crew's Library now might prepare you for some fun to come.

The Complete Book of Practical Camping, by John Jobson could start you dreaming. Or try reading **The Field Book of Mountaineering and Rock Climbing**, by Tom Lyman. If fishing is your thing, Rex Gerlach's **The Complete Book of (Fly) Casting** is a new title. Better yet, read **Places to Go with Children in Northern California**, then get going, rain or shine. Lucky you to have duty in the Bay Area!

However, if you have played and skied all winter, you might want to do a bit of work around the house. On the shelf is **Storage Projects You Can Build**, a Better Homes and Gardens edition. Or **Auto Engines and Electrical Systems**, by Louis Forier, might appeal to those who like to tinker.

Happy crews-ing!

Navy Relief fund drive announced

The Navy Relief Society is the naval service's own service organization. Navy Relief, represented locally by the East San Francisco Bay Auxiliary, provides emergency assistance in time of need for Navy and Marine Corps active and retired personnel, their dependents and their widows and children. There is no field of human trouble which the Society has not helped.

During 1977, the Society helped 22 individuals here at the Naval Regional Medical Center with loans and gratuity totaling \$4,798.80.

This year Naval Regional Medical Center, Oakland, will have its annual Navy Relief fund drive on the 19th of May.

Contact CDR Warren or HM1 Elliott at extension 2000 if you desire to help with this most worthy cause.

Bits and Pieces

Plan to have a Cinco de Mayo luncheon in the dining room with friends. Everyone knows that Spanglish food tastes just a bit better on the 5th of May.

CPR classes are being scheduled again by Education and Training. For more information contact HM3 Martin at Ext. 2237 or 2238.

This outdoor

enthusiast

made a few

mistakes:

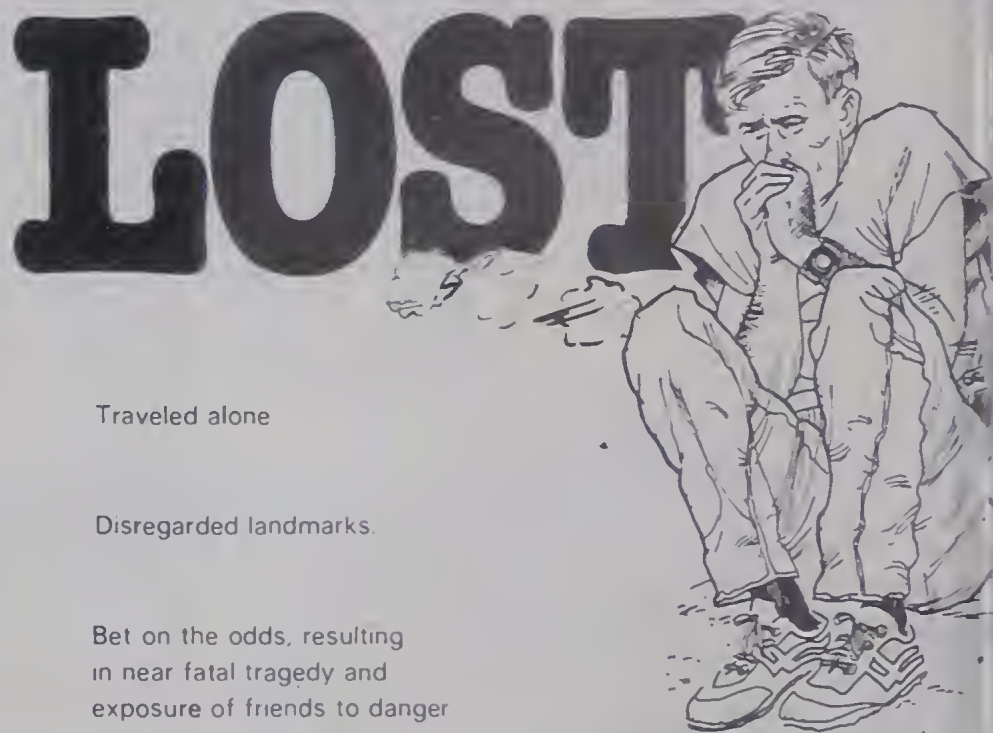
Failed to tell someone where he was going

Didn't take wraps for sudden weather changes

Traveled alone

Disregarded landmarks.

Bet on the odds, resulting in near fatal tragedy and exposure of friends to danger



MOVIES

Sunday May 7

Stunts—Robert Forster, Leona Lewis PG Action 97 minutes.

A stunt man is killed making a movie and his brother is convinced the death is not an accident.

Monday May 8

On The Waterfront—Marlon Brando, Eva Marie Saint Classic 109 mins.

Waterfront union fights efforts of crime committee to break up its rackets.

Tuesday May 9

Another Man, Another Chance—James Caan, Genevieve Bujold PG 129 mins.

Romantic western drama

Wednesday May 10

World's Greatest Lover—Gene Wilder and Carol Kane PG Comedy 96 min.

Bumbling bakers assistant aspires to replace Rudolph Valentino.

Thursday May 11

Skateboard—Allen Garfield and Leif Garrett PG 98 min Comedy

An out of work agent starts up a professional skateboard team.

Friday May 12

Greased Lightning—Richard Pryor and Beau Bridges PG 103 min. Comedy-drama

Stock car races that end in a hair-raising finish.

Saturday May 13

Outlaw Blues—Peter Fonda, Susan Saint James PG Comedy-drama 107 min.

Top Texas recording star steals inmate Fonda's song, "Outlaw Blues."

Sunday May 14

Three Women—Shelly Duvall, Sissy Spacek PG Drama 124 min.

A Menage a Trois—two women and a man brings about the usual result—trouble

Monday May 15

Born Yesterday—Judy Holiday, Will Holden Classic Comedy-drama 102 min.

Wealthy junk dealers hire a writer to instruct his mistress on etiquette—only gets a little too well educated.

Tuesday May 16

Equus—Richard Burton and Peter Firth Drama 138 min.

Burton, a psychiatrist, tells the story of a 17 year old boy who blinds 6 horses.

Wednesday May 17

Which Way is Up—Richard Pryor, Margaret Avery R Comedy

A California fruit picker becomes involved with Chicanos. A lot of bad language in this film.

Thursday May 18

The Choirboys—Charles Durning, Louis Gossett, Jr. Drama R

The story of a group of L.A. cops who will make you hope you never have to do with them.

Friday May 19

End of the World—Sue Lyon, Kirk S. Johnson PG Science Fiction

A space scientist accidentally picks up a message from outer space that says earthquakes will destroy the earth.

Something to think about

A Navy Corpsman changes duty stations. While he's enroute, the bank loses one of his pay checks so he arrives at his new command with checks bouncing and letters of indebtedness coming in. What's he to do?

A Navy Lieutenant comes on active duty right out of college. Enroute to her first duty station she must spend 3 months TAD. The Navy can't by law, pay her a uniform allowance until she gets to her first permanent duty station and pay day is still two weeks away. What does she do?

A Navy seaman is on leave with his wife and he is injured in an automobile accident. His wife, after getting him into the military hospital, checks into a motel. She'll need money for food and room plus money to repair the car. What's she to do?

The answer to these three questions is the same. Navy Relief, the Navy's own private assistance organization stands ready, willing and able to help Navy men and women who need assistance in times of difficulties.

Chances are you know someone in your division or depart-

ment who has needed or used Navy Relief sometime in his career.

One of your junior petty officers and his wife is out shopping for a new piece of furniture. His paycheck plus the cash money for the furniture are in her purse which she misplaces in a store. When they find the purse, the money for the furniture and the pay check are gone.

Sure, the Navy will replace the paycheck but that takes time. As his supervisor, what would you do for him? Take up a collection within the work unit? Or would you direct him to Navy Relief?

The local "take up a collection" fund drive is about to start here at Oak Knoll for Navy Relief. While the contribution you make may not help a member of your individual work unit, it will benefit a member of your extended work team, probably someone right here at the Medical Center.

Last year almost \$5,000 was lent or donated to Oak Knoll sailors who were in need. Think about that when your key man comes to make a call on you. Of course, you too could need Navy Relief.



Vol. 40 No. 10

Naval Regional Medical Center, Oakland

Friday, May 19, 1978

Happy Birthday Navy Nurse Corps



From care of the young, to care of the old; from short range medical problems to those that last a lifetime, Nurses at NRMCO care 24 hours a day.

For seventy years now, nursing has existed as part of the Navy. An essential part. And last Saturday, Nurse Corps officers at NRMCO marked the occasion of their anniversary in their typical manner, ministering to the needs of their patients.

In service to the operational fleet, nursing has functioned in conjunction with other Navy health services to provide care to both active duty members and their dependents. Of course, we cannot forget our need to help those who have served before us.

Navy nursing is part of a general historical process, both within the profession itself and as part of the more recent evolution in health care delivery systems. Although there may be some who would debate the points, it is readily evident that

more and more people regard themselves as consumers in the health care system. There has been an awakening of human expectations and these changes have had their effect on nursing as well as other disciplines.

The humanitarian service of nursing within the Navy has well displayed itself because, you see, nursing is not just an idea, but a doing thing.

You will find nurses working hemodialysis, in the operating room, and the emergency room. Nurses are educating patients now before they leave the hospital. The Diabetes Nurse counsels those with that problem, in an effort to once again achieve an integration of the person with his own individual health potential. Nurses are managers and function administratively. Nurses provide

inservice education. Nurses operate closely with the Hospital Corps in all areas of the hospital setting. Nurses, of course, act in conjunction with physicians as part of a tacit team. On their own time, nurses are members of committees that evaluate the quality of nursing care delivered at this institution, on panels that seek methods of instituting new procedures and improving care in already established areas. Nurses function on the wards, actually specialty areas within specialty areas, delivering the primary care that is, or should be, the epitome of doing humanitarian service.

Birthday time is, to me, simply the formal awareness of the ongoing process of what Navy Nursing is. A time for thought and rededication.

by LTJG Steven Louie

A Chaplain speaks When life's fairest prospects are darkening



A few years ago, just outside Memphis, in an amusement park, about 60 people, including many children, were stranded aboard a skyride. Strong winds had struck the park and popped the skyride cable off a pulley and the automatic safety device clamped the cable to a halt. About 20 of the passengers were stalled over an icy lake and remained there through the cold and bleak night until repairs were made. To fight off creeping fears that came with the night and freezing rain, the stranded riders sang songs; and some prayed. A most touching moment came when one little boy (children are always best at reality) called down to his anguished parents waiting below.

"Mother, are you still there?"
"Yes," said the Mother.

"Is Daddy still there?"
"Yes."

"I want to hear Daddy."
"I'm here son."
"Thanks Dad."

That's us. Poor man is hanging, as it were, between heaven and earth and not at rest anywhere. He is waiting, wanting and needing the enormous and essential assurance that the Father is here when life's fairest prospects are darkening.

CDR. L. WAYNE RUSHING, CHC, USN

The summer months are almost upon us so I'd like to take this opportunity to talk to you about safety during the months ahead. Between now and mid-September it is probable that almost everyone assigned to this command will go somewhere for some relaxation or travel. Whether you are moving cross country on a PCS move or simply going up to Lake Tahoe for a Sunday outing, you'll be exposing yourself to that most dangerous of predators—the American driver. Usage figures show that the American road system gets more utilization in the summer, especially on weekends, than any other time of the year.

And what about the quality of that usage? Think back to last summer's picnic. You spent all day in constant activity, picnicing, playing softball or volley ball, out in the sun. When you were exhausted, and so were the rest of your family and party, you started home on the highway.

Not so surprising is that everyone else started home too. Some of those people had been drinking all day so in addition to being tired they were also under the influence of alcohol. You know where this story leads.

People in the headlong rush to have fun wind up, usually with little fault of their own, dead or injured on the highway or because of some other "accident."

Think about that if you will, please, before getting out on our roads during peak vacation periods. I offer you the following tips for your consideration:

1. Travel during non-traditional times for trips if possible, early morning, midday, in the later evening and non weekend or holiday periods. Be smarter than the crowds.

2. Schedule less activity in your leave period. Visit only one place, not two, three or four, in a day.

The C.O.'s column



3. Relax on your recreation period. Have fun. Sitting in traffic isn't much fun.

4. DO NOT DRINK and then drive. You are really handicapping yourself and the rest of us if you do.

5. Think safety. A few minutes of thinking about things that can go wrong sometimes seems to prevent them from happening.

6. If you're tired, stop and rest. Plan your vacation or leave before hand. Don't overdo it yourself.

I want each of you to be alive and on the job next September. History hopefully will make my hopes complete moment can change your life drastically for the worse. No days you can sit back and say, "If my time comes, it comes." This is the fatalistic approach. But remember, fatal is part of the word fatalistic. Thank you.

W.M. Loner

HM2 / Ensign Rod Catabay returns

Last week Rod Catabay was back in the personnel office here at the Medical Center. So what's the news about that? This time Rod was not the HM2 Catabay, hospital corpsman, working at the leave and TAD desk. This time he was Ensign Catabay, Navy Supply Corps officer, enroute home prior to Supply Corps School in Athens, Georgia.

What happened is a success story of a Navy man who got a Masters degree in off duty education classes and then applied for Officers Candidate School (OCS). Once at OCS Rod requested transfer into the Supply Corps and subsequently received orders to the Supply school.



When asked what happens after Supply School Rod says, "What else, duty!" Is he looking forward to that? A little yes and a little no," says the Filipino. "I first tried to get into the Medical Service Corps but that was already full so I continued the 4 year Navy veteran. "Then I got accepted to OCS and Supply seemed as close to MSC as I could get to so I asked for it. Right now I'd still like to become an MSC but who knows, I might change after a little while in the fleet."

Whatever happens we wish Ensign Rod Catabay, known to us all as HM2 Catabay, the best of luck in the future.

Director of Navy Nursing Sends Anniversary Letter

DEPARTMENT OF THE NAVY
DIRECTOR NAVY NURSE CORPS
WASHINGTON, D.C. 20372

1 May 1978

ANNIVERSARY GREETINGS
TO ALL NURSE CORPS OFFICERS

On the occasion of the Seventieth Anniversary of the Navy Nurse Corps, I extend to you my personal greetings and best wishes.

The years past have seen our Corps faced with numerous challenges during periods of peace and turmoil, but our predecessors never faltered. Our heritage is one of dedication, service to patients and country and pride in accomplishment.

The challenges of the new decade are no less frustrating and overwhelming. We are experiencing new and particular encounters with detractors of our health care system, but the members of our Corps continue to demonstrate a maturity and professional commitment rivaled by none. We, too, accept all challenges. Never will we be deterred from our mission, our professional responsibilities and our rightful recognition.

I have great pride in your individual and collective accomplishments. The future of our Corps lies in your steady, capable and compassionate hands. In acknowledgment of that fact, I serve you with confidence and continued strength.

Warm regards and Happy Birthday.

Maxine Conder
MAXINE CONDER
Rear Admiral, NC, USN



From the desk of the Command Master Chief

Our strength in the Navy health care system is now and always has been our people. I am and I know that you are well aware of the changes that have taken place to meet the demands of this modern Navy. We can all look forward to being more involved with changes which will demand and utilize to the fullest our training and talents. As a result, this medical region cannot and will not carry those who shirk responsibility or who are inept. We can not tolerate counterproductive behavior or non-performers as they may be critical to any duty situation. Many times duty not to our liking is part of the job. We must all be ready to accept the responsibilities and hardships. These require men and women who are proud of our legacy and the contributions we can make.

It would be difficult if not impossible to predict what changes will be made or take place in the future, but I am positive that no matter how complex, advanced or how many pointed barbs are aimed at us we will exhibit the same dedication to professionalism and devotion to duty as those before.

HMCM Steve Brown

Armed Forces Day activities set

Editor's Note: Both T.I. and Moffett Field are having big activities in honor of Armed Forces Day. Locally we are suggesting that all military people at Oak Knoll consider wearing their military uniforms out to the civilian community during the period of 15 through 21 May. This act will show the local civilian areas just how many Navy personnel are stationed in the local area. All other bases are requesting their personnel to do the same.)

Armed Forces Weekend

Treasure Island—the site of the 1939 World's Fair—is proud to present "Armed Forces Day '78", May 20 and 21. Numerous activities and events, running continuously from 10 a.m. through 8 p.m., are planned to meet the interests of all. There will be no admission charge to Treasure Island.

The Marine Harrier, a one-man-jet with vertical standing take-off and landing capabilities, will demonstrate its amazing agility and maneuverability. Marines rappelling from a hovering helicopter 200 feet above the ground and the navy's Parachute Team West will skydive over the Island. In addition, demonstrations of search and rescue operations will be conducted by the Coast Guard. The Navy's Riverine Patrol Boats will give free rides to the general public and the Chilean training ship ESMERALDA will also be open to the public. The South American training ship is over 300 feet long, displacing over 100 tons with a sail area of nearly 1000 square feet. The carnival from the Amusements is to be complete with rides, games and great food that go with gala celebrations.

In addition to the main events there are a number of demonstrations and exhibits



that can be viewed continuously throughout both days. They range from an art and crafts show, to van exhibits, rare photos and much more.

Navy Subhunters on public display

The public will get a chance to see the inside of the Navy's most sophisticated subhunter during the 1978 Armed Forces Day Open House at Moffett Field on May 20.

Three P-3C "Orion" aircraft will be open for public viewing and members of the plane's aircrew standing by to answer questions about the capabilities of the complex patrol plane.

A familiar sight in the skies over the Santa Clara Valley the P-3 is the mainstay of the allied ASW effort.

Although the exterior of the aircraft is well known, few of us have had the opportunity to see the inside of the huge planes. The squadrons hosting the public at Moffett on May 20 are Patrol Squadron 31; Patrol Squadron 46, and Patrol Squadron 47. In addition, about 20 other military aircraft types will be on display, as well as many interesting exhibits and displays inside Hangar One.

Gates open to the general public at 10 a.m. and the visiting ends at 4 p.m. Admission and parking are free, refreshments will be available at a nominal cost.

A new CNO is named

Admiral Thomas B. Hayward, currently Commander-in-Chief, U.S. Pacific Fleet, has been nominated by the president to serve as Chief of Naval Operations when the Term of Admiral James L. Holloway III expires on 30 June.

Admiral Hayward, 53, has served in a wide range of assignments during his naval career.

Following graduation from the Naval Academy in 1947, he served at sea in engineering and deck officer assignments before becoming a Naval Aviator. He subsequently flew extensive combat missions in Korea.

Later assignments included duty as a test pilot, administrative aide to the Secretary of the Navy, Fighter squadron commanding officer, and carrier air wing commander in the Mediterranean and Vietnam.

Admiral Hayward served as Commanding Officer of the Stores Ship USS Graffias (AF 29) and Attack Carrier USS America (CVA 66), serving with the Seventh Fleet in Combat operations off Vietnam.

Promoted to Rear Admiral in 1970, he was appointed Commandant of the Fourteenth Naval District with several additional duties including Commander Manned Spacecraft Recovery Forces, Pacific.

Later assignments included Director of the Office of Program Appraisal and Director of Navy Program Planning. In 1975 he became Commander, Seventh Fleet and in August 1976 assumed duties of Commander-in-Chief, U.S. Pacific Fleet.

Admiral Hayward is married to the former Peggy Keating of Medford, MA. They have two daughters.

In the spotlight. . .

A first glance at the occupational clinic NRMCO, and it looks like a hobby shop. A loom provides the bright tapestries dotting the walls. The shelves are stocked with paint-by-number sets, plus dozens of ship, car and plane model kits.

Look closely, however, and you're likely to see Navy Lieutenant Commander Osborne Watkins III, director of the hospital's occupational therapy clinic, helping a stroke victim or psychiatric patient with a project.

The equipment may be ordinary, but Watkins is putting it to special use.

"The words 'occupational therapy' have been the source of unwarranted jokes," Watkins said. "The gags about basket-weaving, fingerpainting and ceramics design are endless.

"In reality," he explained, "occupational therapists help patients regain damaged manual skills or express themselves by developing a program based upon the extent of the injury. It's a highly scientific discipline, because we treat emotionally disturbed as well as physically disabled patients."

"For the physically disabled," Watkins explained, "occupational therapy helps them regain manual skills. It isn't easy, for instance, for an arthritic patient to operate a loom. Psychiatric patients are placed in the program as part of their recovery process. Besides serving as a means of self-expression, we're also able to help evaluate the patient's condition and diagnose his illness."

Watkins opted for a military career because, in his words, "I enjoy the status of occupational therapists in the Navy medical community. We have a common goal—patient care—and our programs are respected."

Navy occupational therapists are members of the Medical Service Corps—officers who work closely with physicians, dentists, nurses and hospital corpsmen involved in patient care, administration, research and environmental protection.

Watkins believes that "professional growth in the health care field is imperative—and we're encouraged to further our careers."

The nine-year Navy veteran is a case in point.

"In return for additional active duty service," he said, "the Navy paid for my final year of graduate school. You can't get that kind of support in the civilian medical community."

Watkins received his certificate in occupational therapy from Virginia Commonwealth University in Richmond in 1970.

"The Navy takes an innovative approach to occupational therapy," he said. "At the moment, one of our projects involves treating learning disabilities in children. The sessions



LCDR OSBORNE WATKINS, III a native is director of the occupational therapy clinic here at Naval Regional Medical Center, Oakland.

are held on Saturday mornings, and the children are assisted with various motor-related activities—crawling, jumping, swinging and maintaining their balance, to name a few. It sounds simple, but it's important to remember that these children never mastered these basic movements. As we all know, you've got to begin with the basics before attempting anything complicated.

"Parents attend these sessions with their children," Watkins explained, "so they can see the progress for themselves, note the techniques we use and continue helping their children at home."

By virtue of the wide range of patients they treat, Watkins believes that occupational therapists "need to be cut from a certain mold. Compassion is an important characteristic. If you're able to empathize with a patient's life experience, you much the better. Naturally, you need a scientific mind and want to know why a patient is disabled so you can tailor a program to suit his needs.

"Everyone has something to offer," he said. "I'm glad when an occupational therapy program brings it out."

NRMCO runners compete

On May 7, 1978, Drs. Mike Knott, Phil Schoenwetter, Larry Demas, Tom Dresser, and Bob Esquire (dental TI) completed the 42 km marathon run along the Avenue of the Giants in Humboldt County California. Dresser led the group with a time of 3 hr 10 min.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM W.M. Lonergan, MC, USN, Commanding Officer
CAPT Victor M. Holm, MC, USN, Director of Clinical Services

CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services

LCDR Charles R. DeKrey, MSC, USN, Assistant Director of Administrative Services, Public Affairs Officer

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.



PLAYBALL

CLIP AND SAVE

1978 INTRAMURAL SLOW PITCH SOFTBALL LEAGUE SCHEDULE

TEAMS	CAPTAIN	TELEPHONE
1. SURGERY	ZELLES	2105
2. OR	JOHNSON, C.	2023/2089
3. OPHTHAMOLOGY	PICKETT	2065
4. PT/OT	JEIKKINEN	2271
5. LAB	HEGLAND	2283
6. PEDS/OBGYN	RORICK	2121
7. MSC	CUSTIS	2166
8. MED REPAIR	WOOD/MORGAN	2511
9. RADIOLOGY	OBYRN	2157
10. C.P.O.	PIERCE	2157
11. NP	THOMAS	2396
12. G.A.F.	SCAVUZZO	2411
13. NURSING SERVICE	PEREZ	2475
14. ORTHO	JOHNSON, G.	2081
15. GEN MED	CORADETTI	2061

SCHEDULE

MON 5/15 FLD TIME 2-13 1 1715 1-14 1 1830 3-12 2 1715 4-11 2 1830	TUES. 5/16 FLD TIME ALAMEDA COAST 1715 GUARD HERE,MEN'S VARSITY	WED 5/17 FLD TIME 5-10 1 1715 6-9 1 1830 2 1715 2 1830	THUR 5/18FLD TIME MI 1 1715 VALLEJO HERE MEN'S VAR
MON 5/22 FLD 9-5] 1715 10-4 1 1830 11-3 2 1715 12-2 2 1830	TUES 5/23 FLD 7-8 1 1715 13-1 1 1830 14-15 2 1715 6-11 2 1830	WED 5/24 FLD GIRLS 1 1715 SP HERE (Skaags)	THUR 5/25FLD TIME 2-15 1 1715 8-6] 1830 3-14 2 1715 4-13 2 1830
MON 5/29 FLD TIME HOLIDAY	TUES 5/30 FLD TIME NAS M.F. 1 1715 HERE MENS VAR	WED 5/31 FLD TIME 11-5 1 1715 7-10 1 1830 4-9 2 1715 1830	THUR 6/1 15-3 1 1715 1-2 1 1830 13-7 2 1715 14-6 2 1830
MON 6/5 FLD TIME 5-12 1 1715 3-1 1 1830 8-9 2 1715 1830	TUES 6/6 FLD TIME 12-4 1 1715 13-3 1 1830 14-2 2 1715 15-1 2 1830	WED 6/7 FLD TIME 9-7 1 1715 4-15 1 1830 6-13 2 1715 1830	THUR 6/8 FLD TIME CONCORD 1 1715 HERE MENS VAR
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MON 6/19 FLD TIME 4-2 1 1715 5-1 1 1830 8-13 2 1715 9-12 2 1830	TUES 6/20 FLD TIME 11-7 1 1715 12-6 1 1830 15-5 2 1715 2-3 2 1830	WED 6/21 fld TIME 10-11 1 1715 1-4 1 1830 13-9 2 1715 6-7 2 1830	THUR 6/22 FLD TIME 6-15 1 1715 7-14 1 1830 12-8 2 1715 3-10 2 1830
MON 6/26 FLD TIME 11-9 1 1715 8-15 1 1830 5-3 2 1715 12-10 2 1830	TUES 6/27 FLD TIME V-HERE 1 1715 USS CHASTA	WED 6/28 FLD TIME 15-7 1 1715 1-6 -1 1830	THUR 6/29 FLD TIME 6-2 1 1715 7-1 1 1830 10-13 2 1715 11-12 2 1830
MON 7/3 FLD TIME 9-14 1 1715 3-4 1 1830 2-5 2 1715 12-15 2 1830	TUES 7/4 FLD TIME HOLIDAY	WED 7/5 FLD TIME GIRLS 1 1700 HERE 1700 NAS ALAMEDA	THUR 7/6 FLD TIME 14-8 1 1715 2-11 1 1830 10-15 2 1715 1830
MON 7/10 FLD TIME 8-2 1 1715 9-1 1 1830 11-14 2 1715 12-13 2 1830	TUES 7/11 FLD TIME 6-4 1 1715 7-3 1 1830 10-2 2 1715	WED 7/12 FLD TIME 13-11 1 1715 15-9 1 1830 4-5 2 1715 6-10 2 1830	THUR 7/13 FLD TIME 14-10 1 1715 1-8 1 1830 2-7 2 1715 3-6 2 1830
MON 7/17 FLD TIME 5-8 1 1715 9-3 1 1830 13-14 2 1715 11-1 2 1830	TUES 7/18 FLD TIME 7-5 1 1715 15-11 1 1830 2-9 2 1715 3-8 2 1830	WED 7/19 FLD TIME 4-7 1 1715 15-13 1 1830 5-6 2 1715 1830	THUR 7/20 FLD TIME 14-12 1 1715 1-10 1 1830 4-3 1715

1. THE 10 RUN RULE IS IN EFFECT...ANY TEAM LEADING BY 10 RUNS AFTER 5 INNINGS HAVE BEEN COMPLETED WILL BE DECLARED THE WINNER.
2. GAME TIME IS FORFEIT TIME (1715) (1830) NO EXCEPTIONS!!!
3. ONE HOUR AND 15 MINUTE TIME LIMIT ON GAME. NO NEW INNING TO START AFTER (1 HOUR AND 15 MINUTES).
4. GOOD LUCK... HAVE AN INJURY FREE SEASON.

Around and about NRMCO

Aloha Intern party scheduled

The sounds of the South Seas and sight of Polynesian ladies and weary interns in grass skirts will highlight this year's welcome aboard party for new interns which is to be held at the Officers' Club on June 23.

The annual event will be co-hosted this year by the outgoing intern class and the Entertainment Committee of the Commissioned Offices' Mess (Open).

Scheduled to start at 6:00 p.m. the event will be catered by a local Hawaiian company that specializes in providing

complete LUAUs. Two stage shows featuring Hawaiian dancing are scheduled as part of the entertainment. A quintet of Navy Band San Francisco will play for your dancing pleasure after the stage shows.

Attire for the social event of the season is, of course, Hawaiian shirts and dress slacks for the men and Muu-Muus for the ladies. The party is open to all patrons of the Officers' Club who are members of the command and their personal guests.

A special ticket price is in effect for those who can make the decision to

attend before June 9. Buy your ticket now and the price is a low \$7.50 per person. Wait until after June 9 and the price soars to \$8.00 per ticket.

Tickets may be purchased for the party from the following individuals:

1st and 2nd Floor—LT Sue Cust
3rd Floor—LT Kathy Dougherty
4th Floor—ENS Randy Howe
7th Floor—ENS Anne Higgins
8th Floor—ENS Denise Boutin
9th Floor—LCDR Barbara Shupe
Intern Officers—LT Tom Sizemore
Jerry Rose, LT Bill Rogers

"BLOOD DRIVE" JUNE 7th

Staff Sick Call transition made

The transition to an appointment system at Staff Sick Call has been made and things are operating smoothly, so says HM2 David Davis of the sick call unit.

"No longer does a staff member have to come in here and wait to be seen by the doctor," says the obviously pleased Davis. A simple phone call early in the day will match your slack working time with the Sick Call's schedule. "You walk right in at your appointment time and see the doctor.

It's that simple!" Approximately 85% of the patients are seen within 5 minutes of their appointment times and this percentage is expected to increase as the system has more time to operate.

Emergencies, of course, are seen at any time and they occasionally throw the whole schedule off track.

Staff Sick Call's extension number is 2366. We suggest you don't waste your time. Call ahead for an appointment.



"I think I handled that rather well."

MOVIES

Friday, May 19

BLACK SUNDAY—Robert Shaw, Bruce Dern—Drama R

A psychotic Vietnam vet and a beautiful Palestinian terrorist match wits with Israeli Agent Shaw as they conspire to kill 80,000 spectators at a Superbowl game. This was a gripping book and I imagine the movie equally frightening.

Saturday, May 20

SCALAWAG—Kirk Douglas, Mark Lester—Action Comedy G 6:00 p.m.

A peg-legged pirate chief and his band of cut-throats rob another pirate band, disposing of the crew and burying the treasure. A talkative parrot discloses the gold's burial place, and an all out race follows with every man for himself. END OF THE WORLD—Sue Lyon, Kirk Scott—Science Fiction PG 7:30 p.m.

A space scientist working on a special project accidentally picks up a message from outer space that tells of giant earthquakes that will destroy the earth. This could make us Californians living in shaky acres mighty nervous!

Sunday, May 21

FIRE SALE—Alan Arkin, Bob Reiner—Comedy PG

The owner of a clothing store who is going broke persuades his brother, Sid Caesar, to set fire to the store in order to collect the insurance. However, the fire backfires so to speak, and some mighty funny situations are created! Don't miss!

Monday, May 22

FROM HERE TO ETERNITY—Frank Sinatra, Donna Reed—Classic War Drama—PG

This is a powerful drama of the passion and violence of a group of soldiers stationed at Pearl Harbor just before World War II. Excellent cast also includes Burt Lancaster, Montgomery Clift, and Ernest Borgnine. This won Academy awards for Best Picture, Best Supporting Actress, Best Supporting Actor.

Tuesday, May 23

TELEFON—Charles Bronson, Lee Remick—Spy Drama PG

A Russian KGB clerk leaves Moscow with the names of spies living in America who can be activated into destroying

US defense units by repeating a poem over the telephone. However, during the period of detente, the Russians must stop their man from creating a crisis situation. They enlist Major Charles Bronson to help them.

Wednesday, May 24

FIRST LOVE—Susan Dey, William Katt—Love Story R

College student falls in love with a young girl who is the mistress of an older man. As you could expect, this situation becomes intolerable to the young man and he tells the older man to get lost. However, the affair is not as easily solved as he thinks! Sexy!

Thursday, May 25

MR. SCARFACE—Jack Palance, Al Cliver—Action Drama R

Palance, a cold blooded murderer and robber, kills his partner after a robbery in front of his partner's ten year old son. He beats the boy into unconsciousness and leaves him for dead. However, the boy lives and grows up and becomes a boxer and karate expert. One dark night the two meet again. Palance is at his mean best!

Friday, May 26

THE VAN—Stuart Getz, Deborah White—Comedy Adv. R

Getz, a scrawny kid who dreams of girls and owning a van, is usually the victim of practical jokes by his fellow workers at the car wash. He finally saves up enough to buy a customized van that includes a waterbed, refrigerator, CB unit, and all the goodies that are dreamed of by kids today. This changes his life drastically, and the action picks up when he is challenged to a drag race.

Saturday, May 27

ROBINHOOD—Animated Cartoon, Peter Ustinov—Musical G 6:00 p.m.

In this offbeat version of well-known tale, the characters are all portrayed as animals and the incidents, for the most part, are original.

SEVEN GOLDEN MEN STRIKE AGAIN—Philippe Leroy, Rossana Podesta—Adventure Drama G 7:30 p.m.

This picture takes the Professional and his perfectly organized gang into international political intrigue. They kidnap a South American dictator and borrow an atomic

submarine for the operation and for their own enjoyment! This along with the above mentioned material make a good family evening at NRMCO MOVIES.

Sunday, May 28

JOYRIDE—Desi Arnaz, Jr., Robert Carradine—Adventure Drama R

Carradine and Arnaz are brothers who leave home to find their fortune in Alaska, only to find work on the where a corrupt union is trying to smuggle machinery. Trouble starts when the brothers fight the union members they lose their jobs.

Monday, May 29

HOLIDAY—NO MOVIE

Tuesday, May 30

POCO—LITTLE LOST DOG—Muffin as Poco, Ch. Michelle Ashburn—Adventure G

Poco is the story of a little lost dog and also, a love story between a little girl and her dog who share a love so strong it holds them together while a series of exciting events try to keep them apart. Shaggy little Poco is separated from family when they are involved in a car accident. Al frightened and confused, Poco sets out to find his home.

Wednesday, May 31

JOE PANTHER—Ray Tracy, Brian Keith, Ricardo Montalban—Action G

A young Seminole Indian, wanting more than anything to apply for a job on Brian Keith's boat and is told to prove his sincerity by capturing a 10 foot alligator. He and a friend go into the dangerous Everglades where they are warned by the white culture by an old Seminole sage.

Thursday, June 1

COUSIN COUSINE—Marie Christine Barrault, Lanoux—Comedy R

This is a very amusing story about a couple who are much in love, in fact, so much that they decide to stop sleeping together, thereby keeping their love alive and exceptional. However, this proves to be tougher than thought. Very funny!

HOSPITAL CORPS BALL SET

On Friday June 16, the NRMCO Hospital Corps will celebrate their birthday with a formal dinner dance. The event will be held at the Officer's Club beginning at 6:00 PM with a breakfast being served for late stayers at 1:30 AM Saturday morning.

"We were able to keep the price for this year's ball at an absolute minimum so that we would encourage every member of the Corps to attend," says HMCM Dave Brown, Command Master Chief. "While we would hope that members would wear their uniforms it certainly isn't necessary. But I do want to stress that this



80 YEARS OF SERVICE

is a formal event," continues the senior enlisted man in the region.

The party is open to all members of the Hospital Corps and their personal invited guests. "The committee we have has been working like crazy on this ball for several weeks. I think that everyone who attends will have a good time. After all, it is OUR Birthday," concludes the Master Chief.

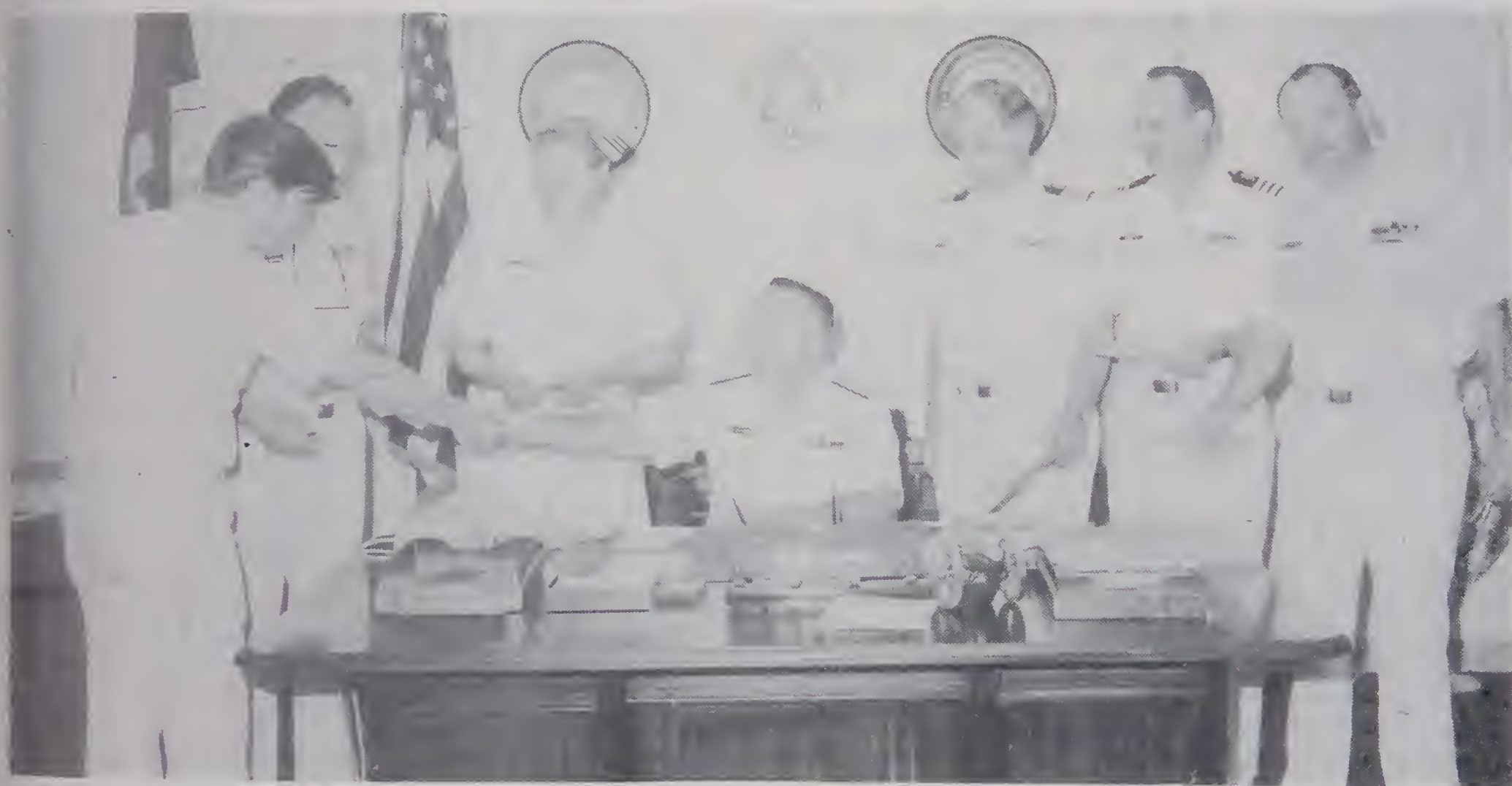
Tickets are \$5.00 per person and are on sale throughout the command. If you can't find someone who is selling tickets please call Master Chief Brown at ext. 2358.



I. 40 No. 11

Naval Regional Medical Center, Oakland

Friday, June 16, 1978



RADM Lonergan and a group of his special assistants lead the way in donating to Navy Relief. Accepting for the Navy Relief Society is HM1 Arzie Elliott, co-chairman of this year's fund drive.

Raffle set

How would you like to raid the Navy range for \$30.00 worth of records? Perhaps a multiband portable radio? Or a 40 channel CB radio? You could be the lucky winner of one of these fine prizes if you purchase a Navy Relief Raffle ticket from your Key Man and your ticket is one of the lucky three to be drawn.

The raffle is being run in conjunction with the Navy Relief Fund Drive now underway here at the medical center. A purchased raffle ticket is a contribution to Navy Relief just as your regular donation.

Drawing for the winning tickets will be held at the end of the fund drive. Contact your Key Man to make your contribution or purchase your "winning" raffle tickets. Donating to Navy Relief can be especially if you win.

We gave at the office

In case you missed it there was a blood drive on base last week. But a lot of people didn't miss it and we're thankful.

"We had a very successful blood drive and I want to thank everyone who had a hand in the planning and coordination," says LCDR John Lindberg, project officer for local blood drives. "Especially I want to thank all of those who came out and gave."

This blood drive was held at a different place than normal. Instead of the gym the event was held on Ward 5 North. Did it improve participation? "You bet," answers Lindberg. "We had been noticing

that a lot of staff members had been neglecting to donate blood simply because the location was inconvenient. We've changed all that now," continues the Medical Service Corps officers.

Has he got any more special ideas for future drives? "Yes, we do have some more ideas to increase participation," Lindberg answers. "But we'll save them for future events. This time we just wanted to make sure that the change in location would work." And work it did. We collected over 150 units of blood for the one day drive, up almost 25% over recent drives.



The Chaplain's Corner

Taking the weight off

In a study of the eastern religions I have found that the act of love is closely linked with the act of worship. Not necessarily in the way of orgies, but because they think when there is great love between a man and a woman, it copies, on a lower level, the love of man for God and the ultimate union of man with God.

Well, that's pretty high flying stuff. But keep in mind that worship, like sex, is a fundamental instinct. If it isn't there in some form something is wrong. Loving God, like loving a woman, is essential to being a balanced liberated human being. Worship and loving may not be everything but it certainly is a lot of whatever it takes to reach some of the best moments in human existence.

In his novel, "Summer of the Red Wolf," Morris We conversation between Sassenach, the story teller, and Deleen McNeil. They are in a Lodge relaxing by the fire and Kathleen said, "We've forgotten how to enjoy ourselves. It's all so. But we've forgotten. I wonder why?"

"Perhaps," came a reply, "perhaps because there's much to remember, like taxes and earnings and owning and revolutions and every salesman on the planet squaw us every hour of the day. The world is shackled to us like and a chain. We never get rid of it long enough to lift heads or our hearts." Kathleen responds, "But we can't like that. Half the patients who come to my office are because they're sick of the world and all it demands of frailty." "And what do you prescribe for them, Kathleen asked the story teller. She answered with a shrug and smile, "Some loving, to take the weight off. Of course, you buy that in a pharmacy, and there's not enough to go anyway; so we use sedatives and tranquilizers instead."

And so it is. Some loving, and I am adding, some we take the weight off and to reach some of the best moments in human existence.

Within our depths, in what the psychiatrists call the liminal," a soul sputters. It will never quite go away. It's the size of the flame, is in exact proportion to the number of miles a man may put between himself and the camp where he pays homage to his God.

VIVIAN P. MC FADDEN, LT, CHC



From the desk of the Command Master Chief

Although I have been the Command Master Chief for only a short period of time I have noted specific trends with regard to C.O.'s Request Mast. One which is predominant and of prime importance to all enlisted personnel is that of the evaluation system.

Regardless of pay grade the evaluation deserves priority consideration from those responsible for preparing the form. Many senior staff members are not aware of the importance of evaluations and the bearing which they have on a members career or the overall retention program of the Navy.

After reviewing a considerable number of evaluations as a member of the command evaluation board it is no wonder that many enlisted personnel throughout the region are losing or have lost confidence in the system and the credibility of those superiors responsible for maintaining the program.

HM3 BRAD MARTIN

Even though the Navy's system of evaluating personnel is very accurate and valid it goes without saying that there is misuse and injustices in the system. The system was not to be used as a weapon or as a one shot therapy but should be a total reflection of daily observations. In the same token an enlisted person who feels that he or she has received an evaluation should before they prepare a rebuttal conduct a careful and realistic appraisal of themselves and the evaluation should ask themselves the following question, "Has the rating senior been accurate and supportive in his or her remarks?"

If after careful thought you still consider the remarks or unjustified then make an appointment and come see me. However, the marks could in fact be a reflection of your performance so you should take heed and make necessary corrections in your attitudes and behavior.

Every staff member should be aware that if the system is as the Navy designed and intended it to be used both superior and non performers will be identified. Also you should be aware that consistent evaluations are of more importance than any single evaluation. In most cases, it takes more than one bad evaluation to end a career. In the same light one outstanding evaluation will not make you CNO either.

Strive for expertise and professionalism in everything you do. You know that it's not easy. None of us here at NRMCO has walked on water all the time.

See you at the Birthday Ball

CORPSMAN IN THE SPOTLIGHT

Some people in Nebraska consider the change in Navy Hospital Corpsman Third Class Brad Martin amazing. The changes from a young kid who hated school to a military instructor for emergency heart resuscitation is quite a change. But Brad doesn't see it that way.

"I've always cared about people, sometimes when I was in school though it may not have been to evident." And care about people he does. The Beatrice, Neb., native is the instructor for Navy Regional Medical Center Oakland Emergency Medical Technician Program which leads to California accreditation as an ambulance medical attendant. He also instructs the annual inservice training program required of all of the 500 Navy corpsmen assigned here at this West Coast Medical Center and is a volunteer instructor for Cardio-Pulmonary Resuscitation (CPR) classes



HM3 Brad Martin

during his off duty hours.

From his first job as a Psychology Program Technician with the Department of Institutes in Nebraska, Brad says he is in love with teaching. "It's like something of yourself to someone else, something I do that is uniquely me."

Ask Brad about his private life and he gets a little shy. But in truth, a large portion of his off-duty time is spent with young boys in the East Bay as a volunteer for the Big Brother program. Brad likes to fly and has almost a hundred hours of private pilot time.

The veteran of 3 1/2 years of naval service, Brad is not yet sure about the future. "The time to decide is getting close," he muses. Whatever he decides about staying in the Navy, we know one thing, Brad and his Navy service, they've been good for each other.

A Giant Day with the Navy

Summer is around the corner, baseball season has arrived and soon school will be here. The time for planning those summer family outings is here once again.

One such outstanding opportunity will be the third annual "Navy Day With the Giants," scheduled for Sunday, June 25th, at Candlestick Park. This year's doubleheader will see the Giants face the Atlanta Braves in an exciting afternoon of baseball where the first 15,000 children (4 and under) admitted will receive a Giants' "batting helmet."

The Giants now feature one of the

strongest pitching staffs in the National League to complement a strengthened line-up and are considered by many sportswriters to be a real contender. As of this week they are in first place in the National League West.

Once again Navy Special Services offices throughout the greater Bay Area will be offering special discounts to all Armed Forces personnel, civil service employees, Reservists and their dependents. Admittance to this afternoon tribute to the Navy is possible for the discount prices as follows: Box Seats, \$4,

and Reserved Seats, \$3.

The afternoon will be highlighted by Navy Band, San Francisco, Navy color guards, and a special tribute to distinguished Navy enlisted personnel from the major Naval activities in the Bay Area.

We suggest you visit your Special Services office and get your reserved seats now before those choice seats disappear. Set one day aside this summer for the family—your own family and your Navy family—and join in Navy Day With the Giants, Sunday, June 25th, at Candlestick Park.

LCDR Silver places

2nd in Racketball

LCDR Harris Silver of the Orthopedic Department recently came in second in the Eleventh Naval District (North) singles racketball championships.

His performance also sparked the IMCO team which came in second in the twelve team tourney.

Silver now advances to the West Coast championships to be held in San Diego this week.

San Francisco

R.V. Park

A new Recreation Vehicle Park is operating in the heart of San Francisco at Third and Brannon Streets, near the Embarcadero. The park features 200 sites with full hookups, back-in and drive through spaces, clean tile showers and restrooms, convenience store and R.V. supplies, picnic tables and barbecues, bicycle and auto rentals and much more. Daily rates run from \$12-\$14. For additional information write: San Francisco R.V. Park, 250 King Street, San Francisco, CA. 94107 or call (415) 986-8730.

Aloha Intern Party

Time is short for purchasing your tickets to the Aloha Intern Party on June 23. The price of the tickets is a low \$8.00 per person which includes a dinner meal and dancing in addition to a polynesian floor show.

Annually the intern party is "THE" event of the season and this year's party promises to be one of the best yet. Tickets are available from countless people throughout the command. If you want to attend but don't know anyone who is selling tickets call LT Joe Griffin at ext 2112 and he'll put you in touch with the right people.

BLOOD DRIVE NETS 150 UNITS - THANKS TO EVERYONE

Have a good move

It's that time of the year. While Mother Nature is ushering in summer, DOD transportation offices are orchestrating for the annual peak shipping period for household goods and unaccompanied baggage.

In the San Francisco Bay Area, the Naval Supply Center, Oakland, has responsibility for handling all personal property shipments for DOD military and civilian personnel. For the convenience of property owners, it maintains branch offices at the Presidio of San Francisco, NAS, Moffett Field and Mare Island Naval Shipyard as well as its main office at NSC, Oakland.

Listed below are a few "Do's" and "Don't" as reminders to help property owners obtain a satisfactory move.

DO:

- Arrange for shipment of your household goods and unaccompanied baggage as soon as possible after receipt of your orders. But, in any case arrangements must be made no later than ten days before the date you want your property packed up.

- When you visit the Personal Property Office to arrange for shipment, bring four copies of your orders for each shipment you intend to make.

- Choose your pack and pickup days very carefully. Remember you must be at home all day on those days and plan your other activities around them.

- Make arrangements to be at home when the packers arrive and remain with them during the entire preparation of your shipment. Your presence will help to ensure that you receive the kind of service that the Government is paying for.

- Call the Inspection Section, Personal Property Division, NSC, Oakland, telephone number (415) 466-5009 if the

packer or mover is not doing a satisfactory job or you have any questions regarding service.

- Insure that related services such as cartons, barrels, wardrobes, mirror cartons, crates, boxes and appliance servicing listed on the DD Form 619 have been provided as stated before you sign for them. These additional services represent a large amount of the cost of moving your personal property.

DON'T

- Do not forget to declare professional books, papers and equipment and insure that the carrier weighs these items separately.

- Do not change your pack or pickup date after it has been scheduled unless absolutely necessary because of an emergency situation. During the summer shipping season, it may not be possible to re-schedule your move until ten days later than the original date. Requests for changes cannot be handled over the telephone, owners must appear in person to amend their application.

- Don't forget to immediately, upon arrival at your new duty station, contact the destination transportation office and provide that office with a contact telephone number. Many times it is necessary for the destination transportation office to contact you even before you are ready to accept delivery of your property.

- When your property is delivered, don't forget to inspect for loss and damage and insure that the carrier furnishes you a copy of all discrepancies noted.

- Don't forget to complete and return the form provided at origin for your evaluation of carrier's service. Your report is very important in grading the carrier's performance and determining future use.

Navy relief key men named

Names of the key men for this year's Navy Relief Fund Drive have been announced. To assist members of the command in contacting their key man we have listed them below.

Comptroller/Religious Activities/Photo Lab-HN Nixon; Anesth./Inhal. Therapy-LT Yurth; CIC-HM2 Adam; Civilian Personnel-Hazel Harlowe; Dental-DTCS Worland; Dermatology-HM3 Orville; ENT-LT Probst; Food Service-LT Dougherty; Laboratory Service-CDR Warren/HM1 Elliott; Medicine Service/CP Lab-Dr. Olivier; Military Personnel-HMCS Price; Nursing Service-LT Mattis; OB/Gyn-Dr. Hanser; Occup. Therapy-HM3 Daun; PCC-HN Trull; Ophthalmology-HM1 Shields; Patient Affairs/D.M.O.-HM2

Frankenburg; Pediatrics-Dr. Fawcett; Pharmacy-LCDR Physical Therapy-HM2 Leland; Prev. Med.-HM1 Messier; Psychiatry Serv./A.R.U.-Dr. Raja/Dr. Villegas; Radiology/Nuclear Med.-LCDR Risinger/HM1 Broughton; Red Cross-MS OCC Supply-LT Crank/HMC Rogge; Surgical Serv.-Dr. Zeigler; Urology-Dr. Clayton; Public Works-LT Breitzke; Data Processing-LT B. Custis; Operating Management-HM2 Jack OSI Prothro; Special Serv.-Sally Young; OR-LT Anderson; Mrs. Mary Pierce; Neurosurgery-Mrs. Beasley; Lab School-O'Shea; OR School-Lt Kjenstad; PMT School-HM1 S. Legal-LN1 Baugh; Recovery-Room-HM3 Kirkegaard; Patient Nursing Serv.-LT (jg) Cole/HM3 McHale.

LCDR ROY BARTEE

DOCTOR IN THE SPOTLIGHT

Mention the word "anesthesiologist" and most people are apt to conjure up an image of a faceless figure hovering over patients in the operating room, preparing to inject hypnotics that produce sleep and pave the way for surgery.

Not so, according to Lieutenant Commander Roy Barteel—and he's in a position to know. He is assistant director of the department of anesthesiology at our Medical Center. He believes that anesthesiology is probably one of the most misunderstood of all medical specialties.

"The average patient is unaware of what we do," Barteel said. "After all, anesthesiologists keep a pretty low profile. Patients see us briefly before and after surgery.

"At the risk of sounding immodest," he continued, "anesthesiologists are the specialists who help keep patients alive during surgery. Without us, present-day surgery would be impossible—akin to breathing without oxygen."

True, anesthesiologists spend a good deal of time in the operating room using gasses or intravenous medications—and sometimes both—to produce the loss of physical sensation necessary for painless surgery. Equally important is the fact that they monitor the patient's breathing during surgery and watch for drops in temperature, blood pressure or pulse rate—danger signals that call for prompt corrective action.

"These may sound like routine duties," Barteel said, "but they aren't. A medical student hoping to specialize in anesthesiology will spend two years in a residency program where training includes anesthetic record-keeping, pre-medication, anesthesia gas machines, muscle relaxants, and inhalation and spinal anesthesia.

"The anesthesia resident spends that first year in various medical departments, expanding the basic knowledge learned in medical school," he continued. "The second year of residency is spent practicing all types and methods of anesthesia."

Barteel received his doctor of medicine degree from the University of Colorado School of Medicine in Denver in 1971. He majored in chemistry as an undergraduate and that had a lot to do with choosing anesthesiology as his specialty. Chemists are constantly evaluating the potencies of various drugs used in producing anesthesia. That is a difficult enough project, but one that's impossible unless the student is able to understand how different chemical agents interact and result in a certain depth of anesthesia.

Dr. Barteel finds Oak Knoll's anesthesia program comparable to the research, training and facilities found at many large universities.

"It's a well-structured program," said Barteel. "That's probably what attracted me to practicing Navy medicine in the first place. In terms of research, we're always expanding."

"Today's doctor needs to anticipate tomorrow's health care needs," Barteel said. Growth, he believes, is the key to a successful medical career. Doctor Barteel will be leaving here at Oak Knoll on 30 June. We wish him the best of luck in the future.



AND THE RESEARCH GOES ON—Research plays an important role in expanding the anesthesiologist's knowledge. LCDR Roy Barteel uses computers as well as textbooks to keep up with the demands of his specialty, one that frequently takes him out of the operating room.

IN MEMORIAM

ROOSEVELT KUHN, Food Service Worker in Food Management Service, died on 10 May in Oakland. He had completed 8 years, 2 months of Federal service including two years in the United States Army.

Interns thank staff for education

June 30 is rapidly approaching and the current interns are preparing to start their residencies or operational billets. With the possible exception of that first hectic month last July, this last month is crammed with more things to do than just being an intern, things like fighting the urge to lay in the sun, or reading the real estate classifies of the new duty station. All of us will be extremely busy in June. However, we would be remiss if we didn't take the time to thank all those countless people who have made our internships an interesting and educational experience.

Obtaining a medical education in the armed services is becoming increasingly more difficult—particularly with the shortages in staff manpower. In spite of this we have received excellent teaching throughout the year. This, in combination with the varied patient population common to both the bay area and the Navy, has made our internship one that would prepare any physician for the practice of medicine. So, to the many of you who have helped us in the achievement of completing our internships, we say "Thank you very much. We have gained much because of you."

Tom Sizemore
Senior Intern

DON'T WASTE ENERGY!

TURN OUT THE LIGHTS!
when you leave the room.



Ms. Honorato Wolf, wife of IS2 Steven Wolf of VP-46 at Moffett Field, is presented with presents by members of Unit 10 of the Ladies's Auxillary of the Fleet Reserve Association upon the occasion of the birth of her new son. Annually members of the Ladies's Auxillary present gifts to the first Oak Knoll baby born on Mothers Day. We thank them for their efforts. Looking on are members of the Auxillary and ENS Amy Groves of Ward 8 North Staff.

DON'T BE A LONER!
Take some friends to work with you.
Carpools SAVE!



CLIP AND SAVE

Upcoming championships schedule

The schedule of upcoming Eleventh Naval District (North) sports championships/recreational activities has been released. The dates and sites are listed below. For more information on specific events we suggest you contact Special Services.

Activity	Site	Time	Dates
Swimming/Diving Invitationals	Schedule	1930	Schedule
Swimming/Diving Championships	NAVSUPPACT Treas Isl	1300	17 JUNE
Women's Singles Tennis Championships	NAVSUPPACT Treas. Isl	0900	26-30 June
Men's Jr Vet/Senior Tennis Championships	NAVSUPPACT Treas Isl	0900	26-30 June
Men's Open Tennis Championships	NAS Alameda	0900	26 June-1 July
Women's Slow Pitch Softball Championships	NAS Fallon	1000	7-9 July
Men's Slow Pitch Softball Championships	NAS Alameda	1000	13-16 July

Ladies slow pitch team leads

11th (North league)

As of 15 June the NRMCO Varsity Women's softball team is in first place in the Eleventh Naval District (North) Slow Pitch League. Sporting a perfect 11-0 record the ladies have logged victories over teams from Moffett Field, DLI Monterey, Support Activity Mare Island and NAS Lemoore.

Next the team goes to the District Championships which are being held at Naval Air Station Fallon, Nevada. That tourney is scheduled for July 7-9. We wish them good luck

Around and about NRMCO



Capt. Davis of the Anesthesiology Department gives blood during the recent drive. A big round of applause to all those who gave.

Porthole spellbinds with Ray Beam show

The Porthole has scheduled a return performance of well known hypnotist Ray Beam for Thursday evening June 14. Mr. Beam, who was at the Porthole a couple of months ago, will fascinate you with his hypnotic tricks on members of the audience.

"We'll be open as usual with the show starting at 8 PM," says Jim Rosen, manager of the enlisted entertainment facility. "We'll have a bit of music for dancing after the show and of course dinner will be available up until 8:15. It should be a fun evening for all," continues Rosen.

"This guy was such a hit last time he was here, everyone asked us to bring him back. So we did," finishes the manager.

Make your plans early to attend.

INTRAMURAL STANDINGS

After four weeks of play (through June 13) the standings in the intramural slow pitch softball league here at the command are as follows:

Team	W	L
1. G.A.F.	6	0
2. Lab	5	1
3. Surgery	4	2
4. Radiology	4	2
5. Opthamology	4	2
6. PEDS/OB	3	2
7. PT/OT	4	3
8. MSC	2	3
9. Med Repair	2	3
10. ORTHO	2	5
11. Nursing Service	2	5
12. C.P.O.	1	4
13. Gen Medicine	1	4
14. OR	1	4
15. NP	1	4

(Editor's Note: The Oak Leaf would like to publish more information about the league other than just the standings. If you participate actively and would like to volunteer to be the sports reporter for the league please contact LT Joe Griffin at ext 2112).

BE ACTIVE
IN SPORTS -
IT'S GOOD
FOR YOUR
HEALTH



"BIG DEAL!" At least that's what Brandon Vandergast, son of recently promoted LCDR Tom Vandergast, appears to be saying as his father signs his motion papers.

MOVIES

Sunday, June 18

MOHAMMAD MESSENGER OF GOD—Anthony Quinn, Iren Papas—Historical Drama PG

In 610 AD the illiterate Mohammad is visited by the angel Gabriel in Mecca and given the word of God. Mohammad (never seen) denounces the more than 300 idols which are worshipped in the city, declares there is but one, unseen God. Michael Ansara oppose his belief. At the Wells of Bedri, Mohammad's moslems let by the prophet's uncle (Quinn) defeat the legions of Mecca and Mohammad leads a pilgrimage to Mecca. Just before the Moslems march on Mecca, Ansara admits he now believes that there is but one God and that Mohammad is his prophet.

Monday, June 19

THE SPY WHO LOVED ME—Roger Moore, Curt Jurgens—Action Drama PG

British Secret Service Agent is pursued down a Swiss Ski trail by spies, he kills one, parachutes to safety. He & Russian Major Barbara Bach are assigned to discover why nuclear submarines have disappeared. Teaming up they visit Jurgens marine lab and are taken prisoner. Jurgens is about to launch missiles carrying out a plan to launch missiles carrying out a plan to control the world from underwater. The plans are thwarted, Jurgens is killed & Bond rescues Bach while Kiel escapes unnoticed.

Tuesday, June 20

CONVOY BUDDIES—Bob Spencer, Terrence Hall—Comedy PG

Two rough and ready young men who are constantly down on their luck accept a job driving a truck cross-country. Wild truck driving and car crashes.

Wednesday, June 21

MANIAC—Oliver Reed, Deborah Raffin—Drama PG

A rich Southwestern resort community is subjected to a reign of terror by a strange and ruthless individual, who carries out his threats with ransom notes attached to primitive but deadly arrows. His motivation is wealth. A group of wealthy businessmen hires Oliver Reed a noted New York private detective to corner the killer.

Thursday, June 22

DIAMONDS FOR BREAKFAST—Marcello Mastroianni, Rita Tushingham—Comedy PG

A crime comedy dealing with a descendant of the Russian Royal family who comes up with the idea of robbing the Russian Crown Jewels while they are on display in an English castle. He recruits seven girls to help him in the project.

Friday, June 23

HERO WORK—Rod Browning, Robert Chapel—Comedy Drama PG

Frank Pellet loses his job as an ambulance driver. He

resorts to impersonating a Police Officer in an unmarked car and in the tradition of Robin Hood, gives what he takes to the poor after taking his 10%. After spending the weekend in jail he decides to enter into "Herowork" with his sidekick Sidewinder who wears a mask and a baton.

Saturday, June 24

THE APPLE DUMPLING GANG—Bill Bixby, Susan Clark—Comedy G 6:00 p.m.

Three frisky youngsters and their reluctant guardian strike it rich, triggering the wildest bank robbery in gold. El Dorado.

SINBAD AND THE TIGER—Patrick Wayne, Taryn Power—Fantasy Adventure G

Romance and black magic launch the adventure which finds Patrick Wayne's plans to marry a princess (Seymour) hindered until he can return her brother to his form & his rightful role as Caliph. Marshalling the forces of evil to jinx the plan is wicked stepmother Margaret White who wants to seat her own son on the throne.

Sunday, June 25

THE LAST REMAKE OF BEAU GESTE—Ann-Margaret, Marty Feldman—Comedy PG

The spoof of "Beau Geste" begins with Feldman destroying the Universal globe. Sir Howard disappoints the birth of a daughter, adopts a son who grows up to be a dashing Michael York, a twin. Marty Feldman is adopted. Years later Howard brings Ann-Margaret to his household as a step-mother.

Monday, June 26

THE CRATER LAKE MONSTER—Richard Cardella, Roberts—Horror Drama PG

Near a mountain lake, Dan (Harrison) a scientist's assistant Susan (Cobb) rush into Doc's office with cave drawings which depict men fighting what appear to be dinosaurs, thousands of years before the dinosaurs disappeared from the earth. All are puzzled actually aquatic dinosaur is in the lake. It appears periodically terrorizing the community.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM W.M. Lonergan, MC, USN, Commanding Officer

CAPT Victor M. Holm, MC, USN, Director of Clinical Services

CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services

LCDR Charles R. DeKrey, MSC, USN, Assistant Director of Administrative Services, Public Affairs Officer

Editor: Tracy Griffin

Photography: HMC Steve Spring, HM3 Tracy Shaffner

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Navy Relief drive extended

Command drive chairman Commander Yllis Warren announces that the Navy Relief Society fund drive will continue through July 7, including sale of raffle tickets supporting the cause.

She said that as of last week, only 31 percent of the Key Men had reported and asked these workers to contact her as soon as possible.

Tickets for the raffle are still available, she said, and the drawing will be held July 7 with Rear Admiral W. M. Lonergan

pulling the lucky numbers. Warren emphasized that ticket holders need not be present to win. Prizes include a 40 channel CB radio, a multiple band portable radio, and a winner's choice of \$30 worth of records at the Navy Exchange.

Funds collected in the annual campaign go to help Navy and Marine Corps personnel on active duty or retired; fleet reservists; dependents of living or deceased personnel listed above, and Coast Guard personnel in time of war. The society pro-

vides financial assistance, referral services, thrift shops, children's waiting rooms at hospitals and outpatient clinics, a visiting nurse program, and layettes for babies of lower graded personnel. It loans money for college or vocational education for dependent children, and helps the elderly and incapacitated, among other projects.

For additional information, contact Commander Warren in the Lab or at Ext 2283.



L. 40 No. 12

Naval Regional Medical Center, Oakland

Friday, June 30, 1978

Monday not a holiday

Although government personnel are getting used to the idea of three-day holiday weekends, Monday will not be a Federal holiday, and those taking off must request leave from their supervisors.

The upcoming Independence Day holiday falls on Tuesday, July 4 this year, and will be so observed, officials said.

July 4 events
listed on page 7

On to new billets

43 medical interns, dental residents graduate

Graduation ceremonies will be held at 2 p.m. today for 38 medical interns and five dental general practice residents at Naval Regional Medical Center, Oakland, while earlier this week 41 new medical interns and five other dental residents received orientation in Clinical Assembly.

Chaplain (Captain) Owen A. Hardage will lead off this afternoon's program with an invocation, followed by a welcome and introductory comments by Rear Admiral Walter M. Lonergan.

Retired Navy Captain Delmer J. Pascoe, Clinical Professor of Pediatrics, University of California San Francisco, and Director of Pediatric Ambulatory Ser-

vices at San Francisco General Hospital, will deliver the principal address.

Senior class graduates Lieutenant Richard T. Sizemore, III, Medical Corps, and Lieutenant David G. Koffler, Dental Corps, will speak before certificates are awarded by Captain Thomas W. McKean, DC and Commander Piero F. Sandri, MC.

Chaplain Hardage will give the benediction and a reception will be held at the Officers' Club immediately following the ceremony.

Graduates and their new assignments are:

Medical Interns

Lt. Michael E. Abel, General Surgery Residency, NRMCO Lt.

(Continued to page 8)



YOUNGEST AND OLDEST—Two hospital corpsmen were singled out at the recent NRMCO Birthday Ball as being the youngest and oldest at the center. They were HN Billy Dean Josey, Jr. (left), 17, and HMC Joseph A. Urbina, 51. Josey works in the Pediatrics Ward and Chief Urbina in Education and Training. (For more ball photos, see page 3) (U. S. Navy Photo)

Holiday – Happiness or Tragedy?

The Fourth of July weekend is traditionally observed in the United States with family picnics, fireworks or joining the crowd on highways enroute to a favorite recreational spot.

The OAK LEAF suggests you take the time now to read the following safety hints and follow them so that you and your family can look back on Independence Day Weekend 1978 as an enjoyable and safe holiday.

On the highway

- Before you start your trip, check your car and pay particular attention to the condition of tires, lights and brakes.

- On long trips, alternate drivers. Take a few five-minute rest stops to fight fatigue and stay refreshed with coffee and soft drinks.

- Maintain a safe speed.

- Be alert for other freeway travelers on motorcycles.

Fireworks

- Ascertain and obey local ordinances and regulations governing fireworks.

- Remember that cherry and aerial bombs, M-80 salutes and larger firecrackers containing more than two grains of powder are prohibited under the Child Protection Act of 1966. Also banned are mail-order kits designed to build these fireworks.

- Fireworks are not toys for children. The sparkler, considered by many the ideal "safe" firework for the young, burns at very high temperatures and can easily ignite clothing. Do not allow younger children to play with fireworks under any circumstances. They cannot appreciate the danger involved and cannot act correctly in case of an emergency.

- If you permit older children to use fireworks, be sure they use them only under close adult supervision. Do not allow any running or horse play while they are being used.

- Before using any fireworks, read and follow all warning instructions printed on the label.

- Take great care to avoid starting forest or other destructive fires. Douse campfires thoroughly and set off firecrackers only in a cleared area.

Safe Boating Week

Coincidentally, the week of July 2-8 is National Safe Boating Week, observed by Presidential Proclamation, and so many center employees will be spending their long week on boats, we pass along some pertinent safety rules:

- Know how to swim.
- Know the boating "rules of the road."
- Board by stepping into the center of the boat.
- Distribute the load evenly—NEVER overload.
- Each person should wear a U.S. Coast Guard approved life jacket.
- Check for leaks and defects before leaving the slip or dock.
- Have plenty of fuel—avoid fire hazards while refueling.
- Take along a bailing can, whistle or horn.
- Start slowly and avoid high-speed turns.
- Reduce speed when passing bathing beaches, canoes, small boats or marinas.
- Keep clear of large vessels.
- Keep a good lookout for bad weather, other boats, swimmers, obstructions, fishermen and skiers.
- If caught in foul weather, reduce speed, head into waves at a slight angle, make for the nearest sheltered harbor, and seat passengers on the bottom of the boat near center line.
- If the boat swamps or capsizes, keep life jacket on and stay with the boat.
- If someone falls overboard, throw that person a flotation device and extend an oar or line. Never leave boat unattended.

If all these holiday hazards alarm you so much you elect to stay home, don't burn your fingers on the barbeque—BUT HAVE A GREAT HOLIDAY—and pause for a moment to reflect that July 4 is the birthday of still the greatest nation the world... The United States of America!

(Editor's Note: Safety tips excerpted from NRMCC Safety Bulletin, U.S. Consumer Product Safety Commission Fact Sheet, and American Forces Press Service.)

A chaplain speaks:

A flower to correct the heart

By Chaplain (LT.) Roy L. Bebee

The "foxglove" is a pink flower that may someday save your life!

One of nature's prettiest and most valuable plants, the foxglove, gets its name from the shape of its petals. The ancient Romans named this flower **digitalis**, meaning the shape of a finger."

The foxglove became popular after 1785, when William Withering, a medical doctor from England, gave a dried portion of the foxglove leaf to a patient whose heart was beating too rapidly. Within a short time, the heart rate slowed to a normal pulse. Withering had discovered a medicine that would eventually save the lives of millions suffering from heart disorders.

Today, more than six different forms of heart medicine are extracted from the stem and petal of the foxglove. **Digitoxin** is one of the most prominent, a drug which slows down the heart beat, and consequently strengthens the heart muscle.

How remarkable—a flower correcting heart trouble. The foxglove serves as a beautiful illustration of how Divine creativity and human ingenuity have combined to provide "healing" to the physical heart.

And yet, all of us suffer from time to time, of a more serious heart condition—lack of kindness, patience, faith, understanding, hope, honesty, peace of soul, etc.

But we are not without help. There are many remedies available by spiritually diagnosing the condition and then taking the remedy. One of them is found in the Gospel of John, where our Lord says: "Let not your heart be troubled... believe in God, believe also in Me."

A strong belief in a personal God can assure us of a heart that is in good condition.



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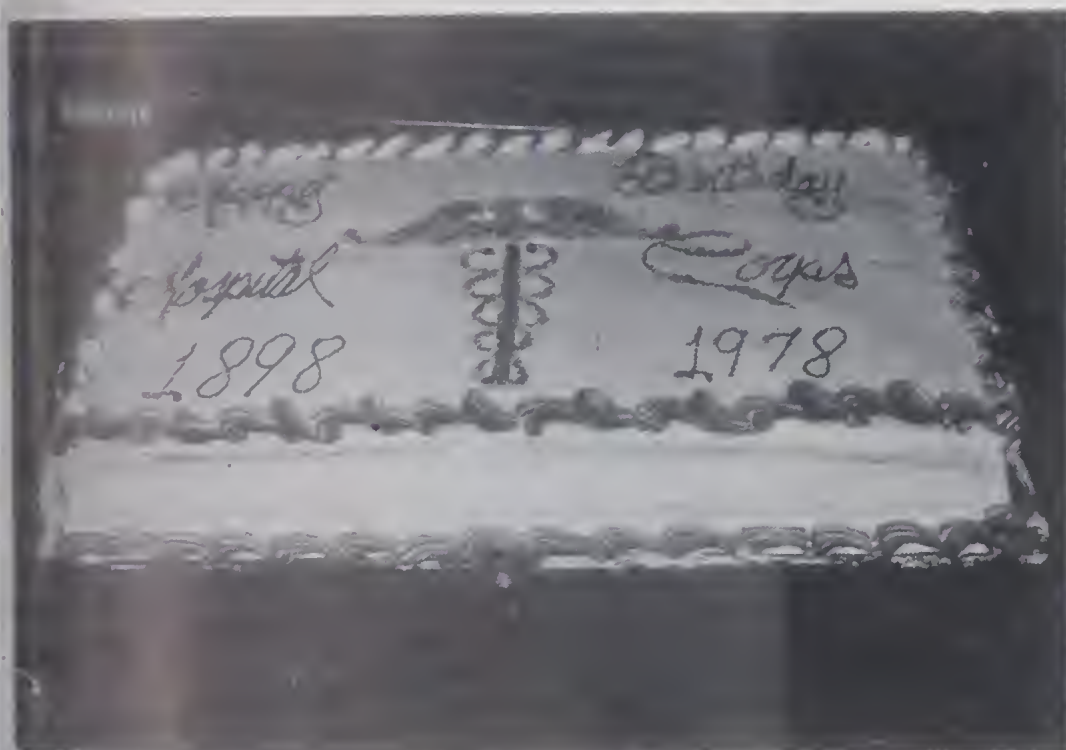
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at the birthday ball. . .

The Navy Regional Medical Center's Hospital Corps celebrated the corps' 80th birthday in a formal dinner dance earlier this month. In the photo at right, party attendees flock around the youngest and oldest corpsmen who knock down the traditional Mexican pinata as the crowd scrambles for the goodies it contains. Below left is a closeup of the birthday cake specially decorated for the occasion, and at right, Rear Admiral W. M. Lonergan flanked by HMC Joseph A. Urbina (left) and HN Billy Josey, cuts the first piece. Also lending a hand in the cake-cutting ceremony was Command Master Chief Steve Brown, hidden behind Chief Urbina.

(U. S. Navy Photos)



Corps, Intern parties

Recent social events termed 'huge success'

What has almost 800 people, two bands and two discos, laughing and enjoyment?

Corps Ball

It started with the Hospital Corps Ball on the evening of June 16. "We had almost 350 people at the ball and I'll wager that every one of them had a great time," says HMC Master Chief Steve Brown, Command Master Chief.

The ball, which was held to honor the Hospital Corps' 80th birthday, was described by many veteran corpsmen as the best they had ever attended. "One of the best things about this year's ball, though, was the turnout of the younger corpsmen," says Brown. "I thought the downstairs was rockin' so hard that it would vibrate upstairs."

After a delicious dinner of prime rib with all the fixings, a special ceremony was held to commemorate the corpsmen who have served and to honor those who will serve in the future. Highlight of the

evening was the performing of the traditional "Two Bells" ceremony by Senior Chief Hospital Corpsman Lee Ward of the Preventive Medicine Technician School. "I've done the 'Two Bells' ceremony twice before. It always makes me stop and think just how small each of us is, yet how important the actions of one of us can be," says the Senior Chief.

Dancing continued until breakfast was served at 1:30 a.m. to the 150 remaining guests. "I left at 3:30 a.m. having had one of the best times of my life," concludes Master Chief Brown.

Intern Party

The second party at the command was the annual Intern Party held last Friday night, also at the Officers' Club on base. The annual affair was hosted this year by the outgoing interns and the Commis-

The answer is that nothing has all that but the combination of two recent social events at the command did just these things and more.

sioned Officers' Mess (Open) Entertainment Committee to welcome aboard the new interns.

The gala affair was set as an Hawaiian Luau and was catered by a local Hawaiian entertainment company.

"The luau was sold out almost a week ahead of time," said Lt. Tom Sizemore, Senior Intern. "We knew when we started planning that the party had every opportunity to be a big event. Then, when we sold out, well it just got everyone excited. We could have sold 100 extra tickets with no problems," continues Sizemore.

The Luau feast was followed by a Polynesian dance floor show and then the annual intern skit which poked fun at the staff and residents alike.

Dancing followed until the wee hours of the morning.

At the laundry

Employees 'happy' under tons of work

If you think your family accumulates a lot of soiled towels and linen, how would you like to be faced with 12,000 pounds a day—60,000 a week, or THREE MILLION pounds over a year?

The Oakland Navy Regional Medical Center's (NRMC) laundry crew of 27 considers this mountain of washing just something "in a day's work," and officials say they not only maintain the cleanest linens, but have one of the highest morale rates of any department in the hospital.

These workers are remarkably stable; two have been continuously employed in the NRMC laundry 30 years, some have logged 20, and many have worked on the same job for more than 10 years.

Early in March the laundry took on a considerable amount of extra work with no complaint when additional linens from Lemoore Naval Hospital, the Navy Regional Dental Center at Treasure Island, and several dental clinics were added to the workload.

Mr. Thomas O. Payne, the laundry foreman, said that methods have been improved to handle the additional burden and no increase in labor has been required.

Linens for a hospital are not just a pile of ordinary dirty laundry. Infection control is paramount, officials say. Operating room linens are specially treated and the laundry has workers who wash certain items all night long. Every piece is subjected to 160-degree temperature for at least 24 minutes, with an overall washing time of about an hour. Upon completion of the wash cycle, a germicide soak of five minutes is added.

The laundry operation, housed in Bldg 8 since World War II, has:

- Five large commercial washing machines programmed to produce 1,500 pounds of wash per hour.

- A conditioner that cost \$17,000 and can hold 400 pounds of laundry in one load.

- A series of five commercial dryers capable of operating either simultaneously or independently.

- Two ironers with folders, smaller of which cost more than \$75,000.

Laundry replacement and inventory control of about a quarter of a million dollars worth of linens is part of the responsibility of the crew. Replacement costs are about \$100,000 annually, Payne reported, and linens usually through 150 washes before needing replacement.

This productive team of workers handles the huge workload more economically as well, he said.

Lieutenant Commander Theodore McCalmont, Chief of Operating Management Service and Mr. Payne's supervisor, added:

"I have seen no higher morale in any laundry environment than I have found here."



WORK FLOW—Workers (left to right) Luberta Cobbs, Sescily Brant, Calvin Nuckolls and Rosetta Comier keep the sheets flowing to Gertrude Williams (far right) at the ironer, for folding, stacking and placing on the conveyor. The operator (in this case Ms. Williams) is rotated at the ironer every 20 minutes. The 940 inches of arm movements per minute used in folding and processing require eye and hand coordination and skilled manual dexterity.

(U. S. Navy Photo)

Brooks leaves

Glasscock named Staff Judge Advocate

Texas native Lieutenant Douglas J. Glasscock is the new Staff Judge Advocate at the center, replacing Lieutenant Randall King Brooks who returns to civilian life and will enter private law practice in San Francisco.

LT. Brooks, who has been assigned here the past two years, received a letter of commendation for his professional ser-

vice to the center from Rear Admiral W.M. Lonergan last week.

LT. Glasscock comes to Oakland after a year's assignment as Naval Legal Services Officer, Treasure Island.

He is a graduate of the St. Mary's University Law School, San Antonio, Tex. and makes his home in Berkeley with his wife and seven-year-old daughter.

Little acorns...

New babies have been recently born to staff parents at Naval Regional Medical Center, Oakland. They are:

June 4—Baby girl to HM2 and Mr. Robert Maynard Williams. (Williams is the staff of the Preventive Medicine Technician School.)

June 6—Baby boy to Lt. and Mr. Robert Baxley (California Psych. Service).

June 9—Baby girl to HM3 Sheri Sady (EENT Dept staff) and Mr. M. Sady of Hayward.

June 11—Baby boy to Lt. and Mr. Douglas P. Hein (Ortho Clinic staff).



Center team shows in TI swim meet

A team of two from the Naval Regional Medical Center Oakland took overall third in the Eleventh Naval District North Swim Meet Championships on June 17 at Treasure Island. They were in competition with teams from Moffett, Coast Guard, USS Cook, Alameda, Mare Island and Lemoore

Lt(jg) Mike Hanson of Operating Management entered four events. He

placed second in the 200-yard individual medley and the 50-meter butterfly, and third in the 200-meter freestyle.

Lt. Fred Reeg, formerly of Operating Management and now assigned at Treasure Island, was the other member of the NRMCO team. He took first in the springboard competitive diving, one meter, and third in the three meter, the only two events he entered.

COM11 golf meet slated at Moffett Field

The Eleventh Naval District North's Golf Tournament will be held at Moffett Field Golf Course with 18 holes of play daily from July 31 to Aug. 3, a spokesman has announced. Finals will be played on the Moffett course commencing at 8 a.m. each day Aug. 2 and 3 for the lowest 16 medalists plus ties in the Senior Division. The winning team will be in effort for the 72 holes

of golf scheduled.

The Open Division includes all male golfers who have reached their 40th birthday on or before Aug. 1. A senior golfer may elect to compete in the Open Division. However, an official said, this selection must be noted before the tourney and all his competition must be in the same division.

Awards will be provided by the Bureau of Naval Personnel. The four lowest scores in the Men's Open and Senior Divisions will represent the Eleventh Naval District in the Pacific Coast Regionals Aug. 14-18 at Naval Air Station, Whidley Island, Wash.

Contact Ron Brown, Ext. 2350 or 2479 for entry information.

Women's play at Mare Island

Starting at 9 a.m. each day, 18 holes of medal play will be held at the Mare Island Naval Support Activity's golf course July 25, as part of a women's golf tournament. The four lowest scores will qualify to represent the Eleventh Naval District in the West Coast Navy Women's Golf Tournament, Naval Air Station, Whidley Island, Wash., Aug. 14-18. Green fees and tournament balls are being provided by the Regional Support Office, Recreation Section. Awards will be provided by the Bureau of Naval Personnel. Official and local course summer rules will govern the tourney, a spokesman said, the club professional at Mare Island will decide questions on course rules and regulations. Contact Ron Brown, Special Services, Ext. 2350 or 2479 for further details

Intramural Softball Standings

(As of June 22)

Team	Won	Lost	Pct
Lab	7	1	.875
GAF	7	2	.778
Radiology	5	2	.714
Opthamology	5	2	.714
Surgery	5	3	.625
Ortho	4	4	.500
Nursing Service	4	4	.500
Peds/OB	4	4	.500
MSC	4	4	.500
PT/OT	4	5	.444
Med Repair	3	4	.428
NP	3	4	.428
CPO	1	5	.167
OR	1	6	.143
Gen Med	0	7	.000

(Nine out of 15 teams with 500 or better!)



Skeet, trap champions selected July 7-9

Lemoore Naval Air Station will be the site of the Eleventh Naval District North's skeet and trap championships July 7-9, with squadding and practice for participants beginning at 7 a.m. the first day. One team entry is allowed each command and NRMCO must have five shooters. Teams will consist of four shooters plus

one alternate from each Naval Activity. Commands not able to enter as a team may sponsor individuals in the match. Naval reservists on inactive duty, fleet reserve and retired Navy personnel are allowed to fire as individuals only.

A Recreational Services spokesman said international style skeet regulations

and American style trap rules will govern and the match will be a 100-target event.

Awards will be provided by the Bureau of Naval Personnel and targets and ammunition furnished participants.

Inquiries may be referred to Mr. Ron Brown, Head, Recreation Section, Special Services, at Ext. 2350 or 2479.

Swim lessons ongoing at Medical Center Pool

Annual summer session group swimming lessons are now in progress at Oak Knoll's pool, according to John Harkness, who added that registration is also ongoing, either in person at the pool, or by calling Ext. 2330.

Fee for group instruction is \$5 for eight lessons, or "62 cents a lesson—an outstanding bargain," Mr. Harkness pointed out.

Class size averages six students and

the lessons are 30 minutes each under instruction of mature and well-qualified instructors.

Mr. Harkness said that other types of swim lessons are also available. Semi-private classes (for three or less persons) cost \$7 for eight lessons. Also, special classes such as aqua-slimnastics, lifesaving and aero-conditioning are also at the \$7 rate, but may take more than three students, he explained. He added that pri-

vate lessons are available by appointment and will cost \$15 for the series.

The swimming instruction program is open to anyone who also has exchange privileges.



Entries close July 7 for chess champ play

Ron Brown of Special Services reports entry deadline of July 7 for Eleventh Naval District North Chess Championships July 15-16.

The playoffs will be held at the Naval Support Activity, Mare Island Library, Bldg. 545, beginning at 10 a.m.

All military personnel ordered to active duty in the Navy, Marine Corps and Coast Guard for a period of more than 90 days for other than training purposes are eligible to participate.

Contestants are requested to bring their own chess sets and clocks. A limited supply will be available for use.

Top four places will qualify for the West Coast Navy championships July 31-Aug. 4 at Submarine Base, Bangor, Wash.

Those interested in entering should contact Mr. Brown at Ext. 2380 or 2479 as soon as possible.

Patient Affairs staff holds family picnic

A Sunday afternoon earlier this month found the Patient Affairs Service military and civilian staff and their families enjoying a picnic at Naval Air Station, Alameda.

The food, fun and frolic were made complete by a spirited volleyball game, horseshoes, and a tour of Ensign Ronald Carroll's new van.

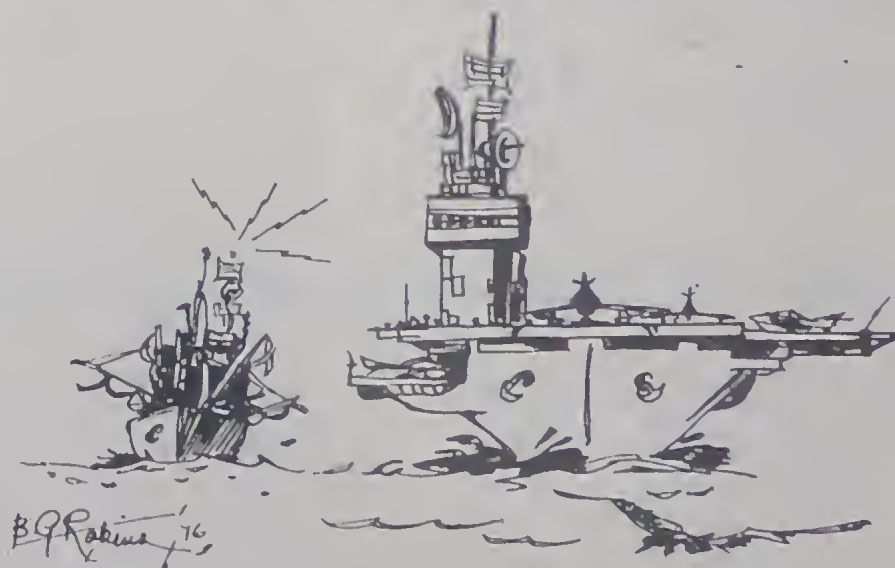
Hot dogs, hamburgers, beans and desserts helped to make the afternoon an enjoyable affair.

HM2 Vicki Murphy and HM2 John Frankenburg send special thanks to the ladies who provided the delicious desserts, and to the Hospital Food Service Office for its help. They also expressed appreciation to all others who helped or attended the event.



PRIVATE WAGER PAYOFF—Lieutenant Commander George Windham, Chief of Military Personnel Service, gives personalized VIP service to his assistant, Ensign Rick Bloomquist, in paying off a wager on the outcome of the recent Norton-Holmes heavyweight bout. The bet was a double order of doughnuts and hot coffee served deskside.

(U. S. Navy Photo)



"I'm sorry Captain, you're on the 'self service' side of the oiler!"



INDEPENDENCE DAY July 4, 1978

all services

Big holiday program centered at Presidio

Skydivers and sentry dog demonstrations, cheerleaders from the San Jose State University, a Soviet equipment display and hundreds of military hardware items are all part of a free open house slated at the Presidio of San Francisco July 4, 10:30 a.m. to 6 p.m.

Activities open with a concert by the 91st Division Pipe Band followed by a 50-gun salute (honoring the 50 states) about 11 a.m.

Other scheduled activities include helicopter rappelling by members of the 1st Battalion, 12th Special Forces Group, an Air Force drill team; concerts

by the 91st Division Pipe Band, Navy Band from San Francisco, and the Sixth Army Band and its jazz combo. Other displays and demonstrations throughout the day will include parachute-rigging, helicopters from Army, Navy, Air Force and Coast Guard; heavy engineering equipment; recruiting displays from all Armed Services, and a large variety of military hardware and equipment from Ft. Ord.

A tactical field post office will issue souvenir postcards; a MARS short-wave unit will be able to send messages to military friends and relatives stationed over-

seas, there'll be jeep rides for the younger set, and the Military Police will sponsor a walkathon from Crissey Field to Ft. Point and then across the Golden Gate Bridge. Everyone completing the walk will receive a certificate and brought back to the post by bus, an Army spokesman said.

Concession stands will open at various locations throughout the day and shuttle bus service between the main post display area and Crissey Field is provided. There will be plenty of free parking, he said, adding that the Presidio is also served by Muni buslines 28 and 45.

Free holiday show at Jack London Square



Open house on the USS Gallant (MSO 983), an ocean minesweeper, will be one of the attractions of a full day of entertainment and activities in Jack London Square Sunday (July 2) in celebration of

Independence Day.

The event, sponsored by the Port of Oakland, is free to the public.

Included will be a hot-air balloon race,

waterfront tours by harbor cruise boat, band concerts, a program by the Oakland Ballet Company, and a children's puppet show.

MOVIES

Friday, June 30, 7 p.m.
MON MON AFFAIRE—Jean Rochefort, Anny Duperey—Comedy, PG
A married middle-aged civil service worker has an affair with a model. Miscalculation: the time-tested ingredient of comedy leads to an eventual confrontation with the model's faithful hubby.

Saturday, July 1
SAVAGE—Ron Ely, Michael Miller—Satire, G
A heroic crime fighter, aided by a group of superlatively violent associates, conducts a crusade against the forces of evil. All the family will enjoy this one!

7:50 p.m.
DEEP—Robert Shaw, Jacqueline Bissett—Suspense, R
A group of vacationing lovers, searching through an underwater wreck, finds a cache of drugs. Further investigation leads up a king's ransom of Spanish treasure, and then the race with the 'bad guys' is on. These two features make up a good family movie outing.

Sunday, July 2, 7 p.m.
OTHER SIDE OF MIDNIGHT—John Beck, Marie Perle—Drama, R
An American flier romances a naive girl and gets her killed. When her lover marries another woman, she rises to stardom in European films and becomes the mistress of a Greek tycoon. All the while she keeps her former lover unemployed until she can hire him as her private pilot. Once reunited, they plot to murder

the pilot's wife but plans get bungled and the tycoon has them shot by a firing squad.

Monday, July 3, 7 p.m.
MARCH OR DIE—Gene Hickman, Terence Hill—Adventure, PG

Hickman plays a tough French Foreign Legionnaire who is ordered to guard an expedition. He makes things hard for Hill but is finally killed by an Arab chieftain.

Tuesday, July 4
HOLIDAY—NO MOVIE WILL BE SHOWN
Wednesday, July 5, 7 p.m.

GRAYEAGLE—Ben Johnson, Alex Cord—Adventure, PG
A Cheyenne Chief prays to the Great Spirit asking to see his daughter before he dies. He enlists the aid of Cord and trapper Jack Lam. Lots of excitement before they finally find the missing daughter!

Thursday, July 6, 7 p.m.
ISLAND OF THE DAMNED—Lewis Flander, Punella Ransome—Horror, R

A young middle-class couple with two sons decides to spend a second honeymoon on a deserted island off the coast of Spain. Unfortunately, they discover the island is inhabited by very hungry children who have eliminated all other adults from the island.

Friday, July 7, 7 p.m.
BEARTOOTH—Dub Taylor, Buck Taylor—Adventure, G
This is the story of a man and his dog in a savage wilderness high in the mountains of Southern Montana. It follows them through a long winter of adventures, triumphs and tra-

gedies.

Saturday, July 8, 6 p.m.
THE BLUEBIRD—Elizabeth Taylor—Fantasy, G
A brother and sister are visited one night by an old crone who commissions them to find the bluebird of happiness. They have many adventures and meet all sorts of characters on the way to fulfill their dream mission.

7:40 p.m.
SWEET REVENGE—Stockard Channing, Sam Waterson—Comedy, PG

A charming young girl steals cars for a living and then resells them. Her ultimate goal is to buy a Ferrari. Her boyfriend, who supplies keys for the stolen cars, gets killed in a crash while eluding police. The girl gets her Ferrari but sets it on fire.

Sunday, July 9, 7 p.m.
NO WAY BACK—Charles Woolf, Fred Williamson—Drama, R

A trouble-shooter, an expert with guns, fists and the martial arts, is hired by a woman to find her missing husband who turns up dead. This movie is packed with action. The plot is a complicated double-cross. (Don't miss this one!)

Monday, July 10, 7 p.m.
THUNDER AND LIGHTNING—Kate Jackson, David Carradine—Action, PG

Carradine is an irrepressible moonshine runner with the temerity to compete with his girlfriend's father. The syndicate that backs the father's booze plant sends a couple of ill-paired hit men out to louse-up Carradine's action.

Drive to Arrive Alive July 5



From the desk of the Command Master Chief

"It was a fantastic ball!"

"That disco was great..."

"It sure made the Hospital Corps birthday have some meaning."

"When is the next one?"

The above statements would never have been made had it not been for the hard-working Hospital Ball Committee.

No doubt there were negative responses as there always will be from those people who have not found it in their hearts to accept the results, along with others who will feel we were remiss in our attempt to have a successful ball. To those few I would like to say, "Until you have put the shoes on and walked in them, don't complain."

To the committee, I wish to extend my warmest personal thanks for your outstanding performance and dedicated support. It was both an honor and a privilege to serve on your team and observe your cooperative spirit and sincerity of purpose in the short time allotted for planning and organizing the ball. Your diligence, initiative and total devotion to the task were in keeping with the traditions and 'can do' attitude of the Hospital Corps.

Again, I say thank you with the highest appreciation for your loyal support and individual contributions for a job well done.

HMCM Steve Brown, Command Master Chief



RETIRES TODAY—Raymond E. Laverty, NRMCO's Activity Exchange Manager, will take up stream and lake fishing full time after today, his last day on the job. Mr. Laverty, who makes his home in San Lorenzo, has been in the same position at NRMCO for the past six years, following a similar three-year position at the Naval Weapons Station, Concord. He retired from the Navy about 10 years ago as a Master Chief Storekeeper. In his managerial job here, Mr. Laverty has been responsible for a \$400,000 inventory, 10 outlying facilities, and about 75 subordinate personnel. His replacement has not yet been announced.

(U.S. Navy Photo)

Graduation

From page 1

Dorrit E. Ahbel, Orthopedic Surgery, NRMCO; Lt. David C. Baugh, USS MARS (AFS-1); Lt. George B. Batten, Orthopedic Surgery, NRMCO; Lt. Kristine W. Batten, Internal Medicine, NRMCO; Robert S. Baxley, Psychiatry, NRMCO; Lt. John R. Bright, Aerospace Medical Institute, Pensacola, Fla.; Lt. Stephanie K. Dine, Branch Clinic, Treasure Island

Also, Lt. Lance W. Christiansen, Naval Aerospace Medical Institute; Lt. Charlotte E. Cook, Orthopedic Surgery, NRMCO; Thomas E. Daniel, Naval Aerospace Medical Institute; Lt. Michael P. Doyle, Naval Aerospace Medical Institute; Lt. William R. Evans, Naval Administrative Unit, Idaho Falls, Idaho; Lt. Paul W. Espinoza, First Marine Division, Camp Pendleton; Lt. Peter E. Farnsworth, Obstetrics-Gynecology, NRMCO

Also, Lt. Keith R. Gabriel, Branch Clinic, Naval Air Station, Point; Lt. Michael J. Johaneck, Psychiatry, NRMCO; Lt. John Kirby, First Field Supply and Support Group, Camp Pendleton; Joseph F. Mayo, USS NIAGARA FALLS (AFS-3); Lt. Ernest Meinhardt, Branch Hospital, Naval Station Adak; Lt. Nelle Noack, Naval Station Keflavik, Iceland; Lt. Lynn W. O'Neal, Aerospace Medical Institute; Lt. William B. Rogers, Psychiatry, NRMCO; Lt. Jerry W. Rose, First Marine Air Wing, Okinawa; William G. Runyon, USS KANSAS CITY (AOR-3)

Also, Lt. William L. Saul, Naval Aerospace Medical Institute; Robert L. Scott, Naval Aerospace Medical Institute; Lt. Donald Sharp, Naval Undersea Medical Institute, Groton, Conn.; Sizemore, Ophthalmology, NRMCO San Diego; Lt. Lawrence Smyth, Jr., Pathology, NRMCO; Lt. Charles R. Stewart, Neurology, NRMCO Bethesda; Lt. Radford D. Tanksley, Naval Undersea Medical Institute; Lt. Gill M. Taylor-Tyrée, Naval Aerospace Medical Institute; Lt. Warren G. Tucker, Pathology, NRMCO; Lt. Lloyd Wade, Jr., Obstetrics-Gynecology, NRMCO; Lt. Robert J. Waller, Naval Undersea Medical Institute; Lt. Thomas G. Williams, Aerospace Medical Institute; Lt. Thomas A. Zimmerman, First Field Supply and Support Group, Camp Pendleton.

Dental Residents

Lt. Gregory W. Baird, Naval Communications Station Harewood, Western Australia; Lt. Larry J. Evans, Naval Mobile Construction Battalion Forty, Port Hueneme; Lt. Koffler, Twenty-First Dental Company, Kaneohe Marine Corps Air Station, Hawaii; Lt. Salvatore A. Leone, Naval Dental Research Institute, Great Lakes, Ill.; Lt. S. Luna, Branch Dental Clinic, Camp Smedley D. Butler, Okinawa



PIPED ASHORE—HMC George O. Canning (center) is "piped over" after 22 years' active and eight years' inactive duty in the U.S. Navy. Chief Canning retired earlier this month after more than two years here as Entertainment Coordinator and Leading Chief of Recreation Services for the Special Services office. The Oakland native is about to leave for Alaska on a six-week fishing trip. He is also considering several job offers in the medical or scientific fields in private industry. Chief Canning was also honored at a luncheon-reception in the Enlisted Mess, where 100 relatives and friends gathered to bid him farewell. (U. S. Navy Photo)

THE OAK LEAF

Vol. 40 No. 13

Naval Regional Medical Center, Oakland

Friday, July 14, 1978



A FIRST? — In what has been termed an unprecedented happening, one of the interns graduating from NRMCO a couple of weeks ago became a full-fledged flight surgeon. The intern was Lieutenant Jerry Rose, receiving his wings here from Mrs. Rose while Commander Richard Millington, Director, Academic Services, Naval Aviation Medical Institute, looks on. Lt. Rose completed the entire flight surgery program, including didactic as well as flight training before graduation from medical school. He is enroute to Okinawa where he will assume a billet as flight surgeon for the First Marine Air Wing. (U. S. Navy Photo)

PMT, OR schools graduate students

The second and third graduations within a two-week period took place Friday at Naval Regional Medical Center Oakland when Preventive Medicine (PMT) and Operating Room (OR) Technician Schools honored those completing studies.

The two schools are part of the Navy's skill school system, designed to give Navy men and women the training needed to become highly skilled and specialized technicians.

The PMT school has a 26-week curriculum, which includes parasitology, industrial hygiene and health, statistical computations, operational sanitation and food sanitation.

OR Technician School is also a 26-week instruction period, covering OR environment; patient care and safety; aseptic technique; legal, ethical and moral aspects of "OR nursing;" principles of sterilization, and practical experience.

Names of the graduates are:

OR School

HN Karen Burch, HN Vincent Chin, HA David Emery, HN Stacy Manroe, HA Rodney Marshall, HN Mark Mayer, HN Rowilson Puig, HN Thomas Sharp, HM3 John Szenasi, HM3 Howard Wagner.

PMT School

HM3 Frank A. Cook, HM2 Ronald G. Corbell, HM1 Peter F. Cruz, HM3 Richard D. Deapen, HM2 Edward S. deJose, HMC Richard L. Dethloff, HM2 Patrick J. Gavigan, HM2 Susan J. Gonzalez, HM1 Alfredo Hidalgo, HM3 Calvin W. Kingston, HM1 Roderick A. Krause.

Also, HM2 Mary-Alena T. Leverett, HM3 Kevin L. Magnusson (Valedictorian), HM3 Terry L. Niesen, HM2 Walter J. Rosko, HM3 David M. Rothenberg, HM2 Donald D. Salzano, HM3 Julia A. Tettaton, HM3 Elijah Wester, and HM1 Kenneth L. Woy.

Baugh honored--'Sailor of Year'

Legalman First Class Earl E. Baugh, assigned to the Office of the Staff Judge Advocate, recently received a letter of commendation from Rear Admiral Walter M. Lonergan following Baugh's selection as Sailor of the Year by the Navy League. He also received a \$50 savings bond from the Rossmoor Chapter.

Officials said "demonstrating skill of the highest professional calibre, LN1 Baugh has made a remarkable and lasting contribution." Baugh does para-legal work and reports directly to the Staff Judge Advocate.

The legalman has been at the center since July 1976 and has a total of 12 years in the U.S. Navy.

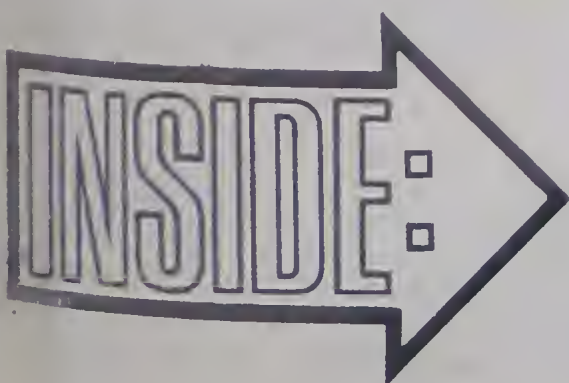
He received the Colclough Award from the U.S. Naval Justice School in 1970 for the highest final class standing in legal clerk and closed microphone court reporting.

Baugh also holds the Navy Unit Commendation with bronze star, and the Good Conduct (third award), National Defense, Vietnam Service, Armed Forces Expeditionary, and the Vietnam Campaign medals.

He is the father of four girls and a boy. The family makes its residence in quarters at NRMCO. Baugh says he likes to read and fish, but most of his spare time "is taken up with the kids."



MUTUAL ADMIRATION — LN1 Earl E. Baugh, Navy League Sailor of the Year, shows off a commendation letter to daughter Kristina and son Jonathon, while they share with him their own school awards. Kristina, a first-grader, earned a certificate for outstanding reading and mathematics. Jonathan, a second-grader, received two—one for excellence in all areas of curriculum, and one for excellence in mathematics. The children attend the Charles D. Howard School and Legalman Baugh is assigned to the Staff Judge Advocate's office at the hospital.



**Meet
the new
interns
Pg. 4, 5**

Naval Regional Medical Center Oakland is **potentially** the best Medical Region in the United States Navy!

We have made considerable progress over last year's problems, and today I would like to address another area where I believe some improvement is indicated. I'm talking about the image of the persons who work here.

NRMCO is a most professional institution with a nucleus of extremely well-qualified physicians, nurses, corpsmen, administrative staff, supporting personnel and dedicated medical interns and dental residents. We are blessed with fine facilities and a pleasant environment.

All of these elements are important in making any establishment successful. Two other components can make an institution great:

1. I want every person at this center to work hard—to take pride in his or her work and to keep in mind that our mission is to save human lives and to train a younger generation to follow through on that most urgent of all tasks. In this respect, I ask each of you to never let up in your quest for expertise, regardless of your job or specialty.

2. Grooming and dress standards are very significant. They are important to a patient's morale, to official and unofficial visitors, to the public and press, and to your superiors. Most of all, they are important to your own self-esteem and upward mobility. Basically, all I want to see and expect is that you look like a Naval medical profes-

The C.O.'s column



sional should, and that includes clean uniforms and well-groomed faces and hair...all ingredients of a appearance.

Therefore, I ask that you give me your unqualified pledge in the areas of quality work and professional appearance. In I will support you in every way I can, so that some day we both can say with full confidence—

NRMCO IS the best Region in the U.S. Navy Medical Department!

W.M. LONE.

A chaplain speaks:

By Chaplain (LCDR) John Q. Leshner

Religion is what you make it. For many people it is merely fulfilling an obligation by attending church on Sunday, or on a special occasion like Christmas or Easter. It seems strange that one would call himself a Christian who worshipped only twice a year, yet this is usually the case. What little faith some people have!

Yet faith has everything to do with what we believe. For one who feels close to God when everything is going his way, then it appears that this person has much faith in the Almighty. But what about the rest of us? What about the weak, the poor, the disheartened, the sick? Sometimes we forget that in exercising our religion during hard times we find only one faith, but confidence, assurance, strength, guidance, hope, peace, and much, much more.

For the person who is enduring troubled times or living through some personal tragedy, Christianity ought to give him something. For it was out of suffering and tragedy that Christianity was born. It was Rome, conqueror of the land, that made it necessary for Christ to be born in a stable. It was the tragedy and cruelty of the cross which gave the love of God its clearest representation and irresistible appeal. At one time Jesus said, concerning the weak and poor and the disheartened, "Come unto me, all you that labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart; and you shall find rest unto your souls."

The "yoke of Christ" is not an escape or opportunity to "skate," but an invitation to "learn of Him." To learn how to live through trouble and hard times; to carry burdens successfully. The secret of carrying burdens is in the ability of balancing the yoke. What Jesus was saying is "balance your own troubles with those of others and you will be able to carry both with far greater ease than if you struggle only with your own." When trouble descends upon you, reach out, help someone else and you shall find rest within your soul. This is the same old law which Jesus continually emphasized. "He that finds his life shall lose it, and he that loses his life for my sake shall find it."

A person who is struggling with problems can turn them into something creative by exercising his faith. The Apostle Paul did this while in prison. He wrote to the church at Philippi, "My bonds and suffering have really tended to advance the gospel." It didn't just happen. Paul did it. And this is what a lot of people are doing today, as they, from tragedy and difficulty, gain qualities and powers which enable them to minister more effectively to the needs of others. This is making trouble creative. This is what Christ did with the Cross. Seldom, if ever, are we free to determine what experiences come to us. We are however, with Christ's help, free to determine how we use those experiences. If you make something of your Christianity, by exercising it, by living by it, by holding it within your heart, then it promises victory over trouble. It gives a hope that cannot die. It assures the supremacy of right and truth, of cooperation and brotherhood, of peace on earth and good will to men.

Religion is what you make i



Chaplain Leshner

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

RADM W.M. Lonergan, MC, USN, Commanding Officer
CAPT Victor M. Holm, MC, USN, Director of Clinical
Services

CAPT Hubert H. Sowers, MSC, USN, Director of
Administrative Services

LCDR Charles R. DeKrey, MSC, USN, Assistant Di-
rector of Administrative Services, Public Affairs
Officer

Editor Betty Beck

Photography: HMC Steve Spring, HM3 Tracy Shaffer

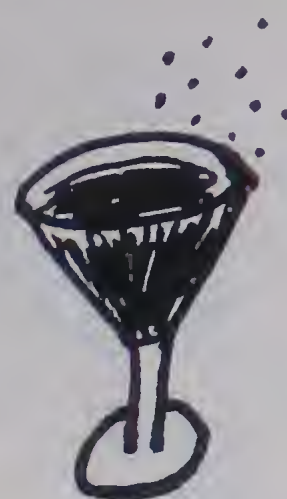
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comed and should be addressed to the Editor of
OAK LEAF. Naval Regional Medical Center, Oakland,
CA 94627.

Alcoholism

NASAP offers help to sailors, civilians



An education program based on the adage "an ounce of prevention is worth a pound of cure," has been established by the U.S. Navy to stop an alcohol problem before it develops to a critical stage.

Known officially as the Navy Alcohol Safety Action Program (NASAP), an office with regional responsibility was organized for the San Francisco area last September. Physically located at the Alameda Naval Air Station, it is one of 14 worldwide, and is headed up locally by lieutenant James R. Crossen, officer in charge.

The remedial education program is both effective and fun, he says, and the theory that it makes more sense to prevent problems than treat them really works.

"Potential alcoholics identify themselves," he explained. "They get picked up on a drunk-driving charge...they go on unauthorized absence...they fall

asleep on watch...they are beset with financial problems...they don't get to work on time...maybe they even beat up their spouse. Any drinker who finds himself (or herself) affronting normal military and/or civilian standards of behavior may be a potential alcoholic."

The officer said that often persons are brought into the emergency room for treatment following an accident. Medics treat the injury, but don't always spot the underlying cause of that accident, he remarked. "If all doctors, nurses and corpsmen could become alert to tell-tale signs of excessive drinking and refer the patient to us after initial aid, we could perhaps turn the direction of that individual's life, or at least offer them the opportunity to re-think the issue on neutral ground," he said.

Crossen's office works with civilian judges, probation officers, district attorneys and military commanders for referral of offenders to the educational

program. (This referral is mandatory under OPNAV Inst. 6330.1 as implemented by both COM 11 and COM 12 Instructions 1610.1)

The program is also open to volunteers, whether they're a civilian employee, a military man or woman, or retired. It is accredited with California Department of Motor Vehicles as a drunk-driving school. College credit is even available for the 36-hour course, held from 6:30 to 9:30 p.m., twice a week at any of the following locations: Bldg. 116 at Naval Air Station Alameda; Bldg. 25 at Naval Air Station Moffett; Bldg. 775 at Naval Support Activity, Mare Island.

Identity of those volunteering for the program is not disclosed thru official channels, the lieutenant emphasized. "All they have to do is call me at 869-4111 or 869-4112 to enroll, and we'll get them started on the right path with NASAP—ASAP!"

Nieves to Bethesda; Houts radiology chief

Captain Miguel Nieves, Chief of Radiology, will be departing the medical center this weekend enroute to a new assignment as Director of Clinical Services, National Naval Medical Center, Bethesda, Md.

"It has been a pleasure to work in this area, both from a geographical and clinical standpoint," he said of his six years' duty at Naval Regional Medical Center Oakland. "I believe this to be a most outstanding hospital."

Replacing Capt. Nieves will be Commander Robert Houts, who has been Assistant Chief of Radiology Services, and moving into Dr. Houts' billet will be Lieutenant Commander Thomas Luttenegger.

Dr. Nieves and his wife and three children have been making their home in quarters here. The two older children will remain in California where they are attending college, and a 15-year-old daughter will accompany her parents east.

Two new chaplains now on duty here

Two new chaplains have recently reported for duty at Naval Regional Medical Center Oakland. They are Chaplain (Lieutenant Commander) John Q. Leshner, United Methodist, and Chaplain (Lieutenant) Roy L. Bebee, Evangelical Free Church of America.

They replace Chaplains (Lieutenants) Jerry Dickerson who departed for a new assignment at a Naval Communications Station in Western Australia, and Vivian McFadden, who left for a new billet at the Naval Training Station in San Diego.



Davis, Drake to depart CIC

Endocrinologist Commander Jonathan L. Davis is leaving the Clinical Investigation Center (CIC) at NRMCO for a new assignment at the Naval Regional Medical Center San Diego.

CIC will also soon lose Lieutenant Commander Terrence R. Drake, who is going to the Uniformed Services Medical School at Bethesda where he will teach obstetrics/gynecology and endocrinology.



36 attend seminar on abuse of children

About 36 Naval Regional Medical Center Oakland nursing staff members attended a Child Abuse Seminar last week in the Education and Training Building.

The program, developed by the Trauma Center of Oakland Children's Hospital defined the difference between abuse and neglect and studied medical findings for potential abuse. Attendees were also counselled on how to deal with

the parents of abused children.

Lieutenant (Junior Grade) Thomas Goselin, Navy Nurse Corps Officer, Miss Linda Corradetti of the Pediatrics Ward, Mrs. Alice King of the American Red Cross, and Dr. (Commander) Arthur Pearson, Pediatrics Clinic, made presentations.

The training was accredited by the Board of Registered Nurses for two-and-a-half contact hours.

1978 - 1979 Interns

Naval Regional Medical Center, Oakland



JACK T. BELLAMY
Medical University of
South Carolina



GWENDOLYN A.
BOATMAN
Univeristy of Kentucky



BARBARA C.
BOSSHARDT
University of Miami



RICHARD T.
BOSSHARDT
University of Miami



HAROLD V. BRYANT,
JR.
Creighton University



NORMAN T. BUETOW,
JR.
Univesity of Wisconsin



WILLIAM D. CAGLE
University of Miami



BRUCE W. CANNON
Kansas City College of
Osteopathic Medicine



BENJAMIN A. CAREY
Duke University



FREDERICK D. CASON,
JR.
St. Louis University



JOHN W. DALY
Kansas City College of
Osteopathic Medicine



GARY M. DANIELS
Medical College of
Georgia



PAUL S. DePAULO
University of Padua



DOUGLAS L. EUBANKS
Chicago College of
Osteopathic Medicine



SUSAN FUJITA



LEON L. GERSON



VERNON P. GOLDSWORTHY



WILLIAM C. HELVEY



GEORGE E. KENNEDY



WILLIAM R. KISER



PAMELA G. KRAHL



LAWRENCE K. MARTIN,
JR.
University of Washington



JON D. MASON
Tulane University



ALFRED J. MATECZUN,
JR.
Univ. of New Mexico



JOHN M. MATECZUN
Univ. of New Mexico



DENNIS C. McPHATE
University of California,
Davis



DAVID M. MILLER
University of Tennessee



JEROME E. MOONEY,
JR.
University of Oklahoma



BARBARA G. NORRIS
Univ. of New Mexico



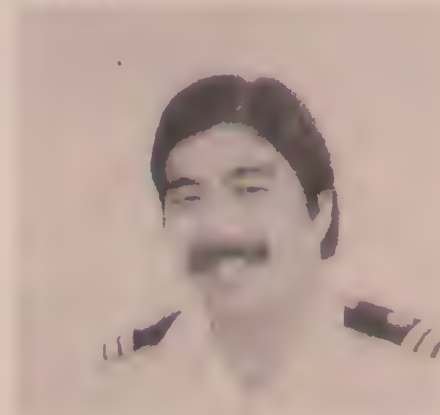
GORDON J. PIPER
Meharry Medical College



JOE W. REDD
Kansas City College of
Osteopathic Medicine



PAUL J. REILLY
University of Miami



STEVEN S. SAMESHIMA
University of Cincinnati



JOHN C. SCHWARTZ
St. Louis University



WILLIAM D. SHIPPEN,
JR.
University of Arkansas



WILLIAM R. SHURLEY,
III
University of Mississippi



LESLIE S. SMITH
University of Alabama



WILLIAM A. SPEITEL
University of Tennessee



CHARLES B. TESAR
Univ. of New Mexico



JOHN R. THOMAS
University of Wisconsin



ELLSWORTH
WEATHERBY, III
Northwestern University

Dental

General Practice

Residents



KENNETH ELROD
State University of New
York, Buffalo



ROBERT E. HAMILTON
Case Western Reserve



WILLIAM G. KOHN
University of Illinois



BARRY J. MATHIS
University of California,
San Francisco



KEVIN A. STURDY
University of the Pacific

Our libraries...

Medical Library provides graduate books, services

By Jane Carlson O'Sullivan

The Medical Library in Room 3-4-6 of the hospital provides graduate level biomedical books, journals and information services to support programs of the professional staff. The scope is interdisciplinary, and funding comes from the graduate training sector.

The library is open only to Naval Regional Medical Center, Oakland (NRMCO) staff members, other qualified health professionals, and college and university classes aboard for training covered by written agreements. The hours are 7:30 a.m. to 10 p.m. Monday through Friday and 8 a.m. to 4 p.m. Saturday. At other times the library is kept secured and doctors may sign for the key at the Officer of the Day's desk.

The library service is administered according to principles provided in the 1978 standard of the Joint Commission



ADMINISTRATIVE LIBRARIAN—Jane Carlson O'Sullivan is a graduate of UC Berkeley and a Marine Corps veteran of WWII. She holds an A.B. degree and a Master of Library Science and was awarded the Certificate of Medical Librarianship from the Medical Library Association in 1976. Mrs. O'Sullivan joined the staff in 1968, just in time to help move 17,000 volumes up the hill from Bldg. 101 to Bldg. 500. She organized regional medical library services for NRMCO in 1973. Besides supervision, budgeting, cataloging and other special activities, she has the long-range responsibility of maintaining a balanced collection of current biomedical literature to support all aspects of the center's professional programs.

for the Accreditation of Hospitals. Most book purchases are made at the request of heads of teaching services to support board-certified internship and residency programs. Collections are also kept current for dentistry, nursing, laboratory technology, physical and occupational therapy, pharmacy, psychology, nutrition, chaplain activities, hospital and health care management, and other health care and inservice training.

There are more than 5,500 books in the reading room, which circulate to professional users on seven-day loan; and another 1,200 volumes on indefinite loan to heads of services for use in work areas. A branch library is maintained in the Preventive Medicine Technician school.

All books are catalogued according to the National Library of Medicine (NLM) classification system and listed in the public card catalog; journals are shown on the serials holdings list.

Journals, which form the priority portion of a scientific collection, are shelved alphabetically by title in the stacks. The library maintains 425 subscriptions, and holds about 10,000 bound volumes. These are noncirculating, and are the object of a lively copy service for authorized users. Due to government

restrictions, there is no coin-operated other copying for general purposes. serials in the stacks are classified; if show a call number, they circulate seven-day loan like books.

Reference services

Medical Literature Analysis Retrieval System (MEDLARS) is a computerized information analysis retrieval service provided by NLM to world biomedical literature at the graduate level. Medical Literature on Line (MEDLINE) terminal provides comprehensive direct searching of the Index Medicus satellite data bases, with printouts of citations to journal articles. The system is useful for a quick search for clinical or an indepth literature review. Other data bases provide special access for nursing, dentistry, hospital and health administration; drug, toxicity and clinical registry data; cancer research, cataloging and selected audiovisuals. In addition of the Bibliographic Retrieval Service from the Library of Congress extend the capability to major data bases in fields such as psychiatry, psychology, law, social sciences, health administration and planning, economics and others.

(Continued to page 7)



MEDICAL SCIENCES LIBRARIAN—Harriet Nix Cohen, a graduate of Boston University, holds a Massachusetts teaching certificate and earned the California Library Credential at California State University, Sacramento. She headed the technical library at Hunter's Point for several years before coming to NRMCO in 1973. Mrs. Cohen provides research and reader services to professional and paramedical staff and performs computerized literature searches. She provides inservice education in use of the library to all hospital staff members and supervises inter-library loan operation, by which about 50 other institutions in the medical library network are contacted. Mrs. Cohen is a fulltime reference librarian, except for times when she serves as administrative librarian pro tempore.



CLERK-TYPIST—Linda M. Roberts came to NRMCO last January. She works from 1:30 to 10 p.m. Monday through Friday, making it possible for the library to be open 70 hours a week. During the evening Linda answers a variety of ready reference questions, help patrons locate their materials, also provides clerical support to library operations and book and journal processing, and she maintains records of continuity of copy service, providing doctors with duplicates of journal articles.

Medical Library

(From page 6)



A number of doctors have completed several hours of computer-assisted instruction on the Medical Learning (MED-LEARN) program and are able to formulate and run their own searches.

Reference backup

With printout in hand, the doctor's first questions are: "How can I get these articles? How long will it take?" The library provides 24-hour copy service from journals on hand; or interacts in the medical library network to obtain loans and copies from other institutions. We are in Region 11 of the NLM system; this is the Pacific Southwest Regional Medical Library Service, which includes Arizona, California, Hawaii and Nevada. We will search; or in turn provide copy, and loan service; on a local, regional, national or international basis until the material is obtained. The regional medical libraries and foreign affiliates are listed in the front of each monthly issue of Index Medicus. All transactions are between institutions, not individuals.

Each branch clinic has a designated library attendant who receives training, forms and reference assistance from the Medical Library. Personnel in the branch clinic may contact the library attendant to obtain all library services on the same basis as those in the main hospital.

Publication and training

The library publishes and distributes a monthly list of new books acquired and an annual list of subscriptions. The subscriptions also appear in the Union List of Serials of the Special Libraries Association, S.F. Bay Region Chapter. This may be purchased from the California State Library.

The library occasionally sponsors professional training programs, which have recently included a workshop on management of slide collections, and tutorials on use of the Science Citation Index.

Cooperative care thrust of new plan

A new plan that blends CHAMPUS and the Uniformed Services' direct care medical systems into a cohesive unit has been unveiled by the Defense Department. It is an effort to provide patients with the best possible care while reducing their medical costs. The plan went into effect July 1.

Known as Cooperative Care, the plan calls for CHAMPUS and the direct care systems to complement each other whenever possible, with CHAMPUS sharing the cost for many services and supplies received from civilian sources by eligible individuals who remain under primary control of a service medical facility.

The big winner in this move is the patient, according to Air Force Maj. Gen. Benjamin R. Baker, Deputy Assistant Secretary of Defense for Health Resources and Programs.

"In addition to making available services and supplies that are beyond a service facility's medical capabilities and the service's financial resources, the plan will reduce a patient's expenditures," Baker said. "While we cannot add benefits to the program, we can make certain that those we have are used to the fullest advantage."

Baker explained that CHAMPUS benefits could previously be considered only when a patient was completely released from the jurisdiction of a service medical facility. The patient then bore a portion of the cost for each and every aspect of the care for which there was an applicable CHAMPUS cost share.

With Cooperative Care, Baker pointed out, the patient's financial responsibility under CHAMPUS involves only a portion of the care—that portion that cannot be provided at the service facility.

"In effect, we had two separate and distinct systems of medical care within the Uniformed Services with no potential for crossover between the two," Baker said. "A patient could use either one for a particular problem, but could not use both at the same time. Funding and administrative considerations made it impossible to blend the two into a single, cohesive unit."

"The real loser was the patient when service facilities could not provide the total scope of needed medical care and a service could not fund the care from a civilian source through the supplemental care portion of its direct care system."

Next Issue: General Library

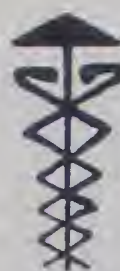
UNC provides study

The University of Northern Colorado is offering two courses at Treasure Island this summer. They are Marketing of Health Care Services and Manpower Management. Seminar dates for the first course are July 21-23; for the other course, Aug. 4-6 and 18-20. Marketing is designed to study problems facing managers involving the marketing-related area of business. Principles of marketing will be reviewed to enhance understanding. Case study approach will be used to develop the student's ability to define, analyze, and recommend solutions to business problems relevant to marketing in the health care area.

The other course is a survey of the manpower management field, including personnel administration and labor relations, with emphasis on the health field. Specific attention is directed to recruiting techniques, wage and salary administration, career development program, labor negotiations, and union management relationships.

These classes are two of the courses offered in the Master of Science in Business Administration with emphasis in Health Care Administration.

All classes are held on Treasure Island, Bldg. 29B. For further information, contact Ms. Meredith Ditmore, 397-1079 or 561-3693.



Aug. 18 cut-off for base class

Enrollment cut-off is Aug. 18 for an on-base degree program in Health Care Services offered by Southern Illinois University at Carbondale.

The next semester starts Aug. 26 and previous education and work experience will be evaluated for credit toward the degree, a spokesman said.

Southern Illinois is affiliated with the American Association of University Programs in Health Care Administration.

For further information or enrollment contact Jan Bloomquist in the Education and Training Office, Bldg. 75A, or call her at 562-8767.



From the desk of the Command Master Chief

There is never a day that passes that one of the staff enlisted is not concerned about his or her next assignment. Though I am not the command career counsellor or detailee, I do attempt to assist personnel in their plight.

I think that many of the problems that confront us concerning our next assignments are due to the lack of understanding of the detailing process. Probably no group receives more criticism or verbal abuse than the BuPers detailee.

Like all Naval personnel, the detailee is not infallible and also must work according to the policies and regulations set forth by the Navy Department. Are you aware of the many problems and methods of operation that face our detailers? These individuals spend considerable time on each and every assignment, using information obtained on each person available for assignment.

In most cases, three to five months prior to your projected rotation date (PRD), the Hospital Corps detailee will request an enlisted assignment document (EAD) which presents necessary information on each individual. Along with your most recent duty preference card, the detailee now has a good base from which to work. Using the available information along with requisitions received from Enlisted Personnel Management Center (EPMAC) on priority billets, the detailee can now make assignments based on the needs of the Navy.

Many factors are taken into consideration but my experience indicates that most of the detailers try to place the right person in the right position. If you fail to receive the set of orders you were hoping for it may be that a higher priority billet needed to be filled. In talking and working very closely with the HM detailers, I know they are attempting to establish fair and equitable assignment policies for all personnel.

I think it is time that instead of calling our detailers choice names that we extend a "well done" to Master Chief Luchter and his staff. Someday it may be you sitting at the detail desk and in need of support.

HMC Master Chief Steve Brown, Command Master Chief

Five selected for captain

Five members of the Naval Regional Medical Center Oakland staff, including one Medical Service Corps officer, have been selected for promotion to Captain by the Secretary of the Navy.

Commanders selected include: Dr. Charles John Benninger, Dermatology; Dr. James W. Bethel, Psychiatry; Dr. Ricci Joe Larese, and Dr. Donald M. Robinson, both of Pediatrics.

A frocking ceremony took place Monday for Commander Hugh H. Sowers, Jr. Sowers, Director of Administrative Services. (Editor's Note: Frocking is permitted when the officer is filling a billet that calls for higher rank.)

Intensive care units to combine Monday

Surgical and medical intensive care units (ICUs) will merge equipment and personnel Monday (July 17), temporarily on the Ninth Deck of Bldg. 500.

The move will permit cross-training of personnel specialized in both phases of care and also provide improved 24-hour Recovery Room facilities on the Fourth Deck for surgical patients, a spokesperson said.

While the dual purpose ICU is operating on the Ninth, physical improvements such as installation of a modernized modular storage system will be underway on the sixth floor.

Eventually, the 10-bed combined medical-surgical ICU will be located on the Sixth, the official added.

NRMCO team wins 11th tennis meet

Behind the leadership of NRMCO champion Lieutenant Tom Hardey, staff psychologist, the center's singles tennis team became the Eleventh Naval District (North) champions in a recently held tourney at Alameda Naval Air Station.

Other members of the team were LT (j.g.) Don Herip, Preventive Medicine, HM2 Al Heikkinen, Physical Therapy, and SN George Siebengartner, Medical Repair.

Also participating in the northern district tourney in the senior division were LCDR Rennie Villegas, Psychiatry,

HMC Joe Santiago, Op. Management, and Capt. Phil Briska, ENT Service Chief.

Ladies' participant was LTJG Barbara Bales, defending champion, who took third in this year's event.

Siebengartner, who came in third in the tourney, plus Hardey, who was fourth, qualify along with Bales to go to the West Coast tourney in San Diego July 17-21.

Briska also qualified but won't be able to attend due to impending permanent change of station orders.



ON TO SAN DIEGO—Dr. (Lieutenant) Tom Hardey (left) receives a trophy from NRMCO's 1978 tennis champion Rear Admiral Walter M. Lonergan. Hardey, a staff psychologist, placed fourth in the Eleventh Naval District (North) tourney, qualifying him for the West Regional Championship played July 17-21 at the San Diego Naval Training Center. Three NRMCO personnel also qualified for the All West Coast Tourney.

(U. S. Navy Photo)

Intramural Softball Standings

(As of July 6)

Team	Won	Lost	Pct.	Surgery	5	5	500
GAF	10	2	.833	Nursing Service	5	5	.500
Lab	8	2	.800	PT/OT	4	5	.444
Radiology	8	2	.800	Ortho	4	6	.400
Opthamology	6	3	.667	NP	4	6	.400
OB	6	4	.600	OR	2	8	.200
NISC	6	4	.600	CPO	1	9	.100
Medical Repair	5	4	.556	Gen Med	1	10	.091



When the cookie crumbles— it may contain medication

Things are a lot more pleasant these days for five outpatients who come to the hospital two or three times a week for periods of five to six hours each session on kidney dialysis machines.

As a matter of fact, if you should visit the room on Ninth South where the patients' body waste and water are mechanically removed and their blood purified, you might think there's a party in progress.

After all, what is that tray of delicious-appearing cookies doing on the stand?

(Continued to page 6)



A BETTER WAY—Retired Navy Chief Leslie Peoples prepares to nibble on a peanut butter cookie instead of several antiacid tablets during his kidney dialysis treatment. The sweet, however, does contain the tablets, ground into the ingredients. When asked about the new practice of dispensing the medication, the chief replied, "I think it's a pretty good idea. I DON'T like (the taste of) Amphojel!"

Freezing idea nets cold cash

Dennis Honeychurch, a radiopharmacist in Nuclear Medicine, has received a suggestion award of \$125 for an apparatus he devised for use on the job.

The device allows a solution to be frozen and water drawn off by vacuum, leaving a powdery residue, which when mixed with radioactive materials produces a pharmaceutical preparation for use in nuclear medicine.

His idea allows preparation of larger batches at once—100 vials frozen compared to the conventional routine producing 24 vials. The product also has a better shelf-life because of resulting nitrogen gases.

Mr. Honeychurch has been employed at Naval Regional Medical Center Oakland for nearly four years, coming here directly after completing his master's program at University of California.

He is a native of the Stockton area and took his undergraduate studies at University of Pacific.



TIME-SAVER—Dennis Honeychurch and the device he invented for use in nuclear medicine. The NRMCO radiopharmacist earned \$125 for his beneficial suggestion.

THE OAK LEAF

Naval Regional Medical Center, Oakland

Vol. 40 No. 14

Friday, July 28, 1978



PAINTING THE TIME AWAY—MCM (SS) Howard Swain of the USS BARB gets some art tips from Red Cross Volunteer Irene Figroid as he recuperates in the Orthopedic Ward from a motorcycle accident. Mrs. Figroid, a widow from Piedmont, teaches drawing and painting to patients in the orthopedic and pediatrics wards each Monday afternoon. She also continues volunteer activities with Children's Hospital in Oakland on Wednesday and Sunday. "I'm so grateful for the volunteer work," she told us. "I need them (the patients) as much as they need me." Mrs. Figroid, volunteer of the month for June, was part of a Red Cross sewing group during World War II, making comfort items for soldiers and sailors. She was also on the Armed Forces Entertainment Committee in those years and brought entertainment into all the area's military hospitals, including Oak Knoll. The volunteer, an artist whose portraits, seascapes and still life have been exhibited for charity, says quite a few of NRMCO's patients show hidden talent. "I've even recommended that some enter the commercial art field when they leave the service."

(U. S. Navy Photo)



From the desk of the Command Master Chief

NOW is the time for all fat or overweight personnel to take heed and realize that the new BuPers Instruction 6110.2B is for **REAL**.

The Navy and this region are very concerned about controlling the weight of personnel, and that concern is very evident under the provisions of the new regulation.

The guidance has teeth. Now, Navy enlisted personnel must have their weight and height recorded on evaluation forms. Those who do not meet prescribed standards must be downgraded in the category of "appearance." In addition, all Commanding Officers are required to identify and classify members within their commands who have obesity problems and place them on a weight reduction program. Progress reports will be made and those who fail to comply with the program may be subject to administrative discharge.

A number of the activities in our region already have excellent programs in operation and are obtaining the desired results. My observations, however, indicate that there are still many personnel in the region that are in need of assistance from an established weight control program.

It is too late once a selection board meets and decides that a person is not in compliance with current weight requirements and therefore not eligible for selection and advancement.

The time has come when we can no longer ignore such visible problems.

HMCM Steve Brown, Command Master Chief

Official legal notice

NOTICE OF PROPOSED SETTLEMENT TO CLASS ACTION SUIT

(Editor's Note: This notice is particularly directed to all Black, Hispanic, Filipino, Asian and Native American present or past employees, or applicants for employment, at the Naval Air Station or the Naval Air Rework Facility, Alameda, Calif.)

A class action lawsuit alleging that Naval Air Station, Alameda, Naval Air Rework Facility, Alameda, and the U.S. Civil Service Commission discriminate against minority employees and applicants for employment has been pending in the U.S. District Court, Northern District of California, for more than four years. Defendants Naval Air Station, Naval Air Rework Facility and Civil Service Commission denied allegations of lawsuit.

A settlement agreement has been entered into in the form of a Proposed Consent Decree to resolve the lawsuit. A copy of the Consent Decree may be obtained from the Industrial Relations Department, Naval Air Station, Bldg. 1, Room 217, Alameda, Calif. 94501, or the offices of plaintiffs' lawyers specified in the official NOTICE TO CLASS OF PENDENCY AND PROPOSED SETTLEMENT OF CLASS ACTION.

A copy of the official NOTICE TO CLASS OF PENDENCY AND PROPOSED SETTLEMENT OF CLASS ACTION is available from Judith Frederick, Litigation Support Branch, Naval Air Station, Alameda, Calif. 94501, telephone 869-2711 (Autovon 686-2711).

The class as originally certified included Native American and non-Filipino Asian employees, former employees and applicants for employment. It was

subsequently limited to Black, Hispanic and Filipino class members. Native American and Non-Filipino Asian employees or applicants for employment since March 24, 1972 who have claims of racial or national origin discrimination that arose after Aug. 24, 1975 may proceed with such claims but must present such claims to an Equal Employment Opportunity Counselor at Naval Air Station or Naval Air Rework Facility, Alameda, within 30 days after receipt of this notice.

Approximately \$370,000 shall be distributed to Black, Hispanic and Filipino employees, who between March 24, 1972 and Sept. 28, 1977, applied for, were rated Highly Qualified for, but did not receive promotions to WG-10, 11 or 12; WS-10, 11 or 12; all levels WD; GS-7, 8, 9 or 10. The amount to be distributed to each class member depends on position applied for, date Highly Qualified rating received and total number of eligible claims. Anyone entitled to a share must file a Claim Form with the Clerk of the District Court by Sept. 18, 1978. All class members will forfeit the right to proceed with any Equal Employment Opportunity Complaints now pending against defendants which allege race or national origin discrimination unless an Exclusion Form is filed with the Court by Aug. 17, 1978. Claim and Exclusion Forms may be obtained from Industrial Relations Department, Naval Air Station, Bldg. 1, Room 217, Alameda, Calif. 94501, phone (415) 869-2103 or the offices of any of the plaintiffs' lawyers specified in the official NOTICE TO CLASS OF PENDENCY AND PROPOSED SETTLEMENT OF CLASS ACTION.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM W.M. Loneragan, MC, USN, Commanding Officer
CAPT Victor M. Holm, MC, USN, Director of Clinical Services

CAPT Hubert H. Sowers, MSC, USN, Director of Administrative Services

LCDR Charles R. DeKrey, MSC, USN, Assistant Director of Administrative Services, Public Affairs Officer

Editor Betty Beck

Photography: HMC Steve Spring, HM3 Tracy Shaffer

THE OAK LEAF is published biweekly on Friday produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev. Jan. 1974. Deadline for copy is Thursday noon of the week prior to publication.

Dental IG visits

Rear Admiral J.J. Thomas, Dental Corps, accompanied by Lieutenant Commander R.H. Reysen, Medical Service Corps, performed a general inspection of dental services at Naval Regional Medical Center Oakland last week.

Earlier, over a period of several days, inspections were also made of dental facilities and personnel in branch clinics.

Luvenia Dean dies

Memorial services were held Monday morning in the hospital chapel for Miss Luvenia Dean, housekeeper and aide in the OB/GYN clinic, who died following surgery in a community hospital.

The popular aide had been employed at Oak Knoll for more than 18 years and the federal government since Nov. 2, 1943. She had been on sick leave since late September.

Miss Dean, a native of Kilgus, Tex., never married. Survivors include a niece, two brothers and two families.

Interment was in Oakland on Tuesday.

Health care advisor slates Aug. 18 visit

Dr. William Parkos, professor at University of Northern Colorado and an academic advisor for the health care program, will be at the Naval Regional Medical Center Oakland Aug. 18 to advise those working on the master's degree.

Dr. Parkos will be available for appointments at the Education Center Bldg. 75A, between the hours of 9 a.m. and 3 p.m.

Call Ms. Meredith Ditmore, 31079, to make advance appointments.

A reminder... Sign up by Aug. 18

Enrollment cut-off is Aug. 18 for on-base degree program in Health Care Services offered by Southern Illinois University at Carbondale. The next semester starts Aug. 26.

The Bachelor of Science degree offered provides an excellent background for military personnel in Health Care Field, a spokesman said.

For enrollment, or further information, call Jan Bloomquist, 58767, or see her in the Education and Training Office, Bldg. 75A.

Opinions contained herein are not official expressions of the Department of the Navy. THE OAK LEAF receives American Forces Press Service and Navy News material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Nurse in spotlight: OIC of ORT School to detach

Lieutenant Commander Shirley Peters, officer in charge of the Operating Room Technicians School at Naval Regional Medical Center Oakland, will detach Monday for a new billet as Operating Room Supervisor in Okinawa.

Commander Peters, who has been noted for devotion to duty and exceptional high standards, has been at MRCO since July 1, 1975. Of her new assignment, she says, "My interest in the Orient will be at last satisfied by my ensuing tour of duty in Okinawa. I shall miss Oakland, the people, the Operating Room, the school. But I know I shall meet people from Oakland wherever I go in the Navy."

She is known by her superiors, subordinates and peers as a dynamic and very hard worker. One remarked, "... (she) has given a great deal of her talents and energy to the Operating Room Technicians School." The Blakely, Pa. native is the oldest of six children who are now "well scattered" across the United States. Commander Peters herself has adopted Okinawa as a legal voting residence. She attended high school in Binghamton, N.Y. where she was a member of the National Honor Society. She went to Nursing School at Mt. Sinai Hospital, N.Y., where she was active in school activities.

Commander Peters graduated cum laude from Hunter College of the City of New York and earned a bachelor of science in education. Later, at the University of Arizona, she was granted a bachelor of science degree in bio science. She will soon earn a master of science



INSTRUCTING—Lieutenant Commander Shirley Peters (center), who leaves here Monday, instructs Operating Room Technicians in her role as officer in charge of the training. Here she deposits a mock abdominal sample as student HN David Roche holds the culturette and instructor HM2 Liz Haendel (right) observes. (U.S. Navy Photo by HMC Steve Spring)

in education from Pepperdine University.

The career nurse entered the Navy in 1966 and has always worked in operating, central sterilizing, or recovery rooms of subsequent assignments at Naval Regional Medical Centers in Bremerton, Wash., Philadelphia, Guantanamo Bay, Cuba, and Long Beach, and aboard the USS REPOSE. Before she joined the Navy she was employed by a variety of hospitals across the country, working in operating room or obstetrics

departments. Her work also included a stint as operating room instructor at St. Luke's Hospital School of Nursing in New York City. She told us the love of travel prompted her to join the Navy to see the world. "I have not been disappointed," she said.

During her duty here, Commander Peters has been on the social, audit and Medical Department Ball committees. She is also active in the Association of Operating Room Nurses.

MRCO supervisors attend personnel course

About 15 Naval Regional Medical Center Oakland supervisors, both military and civilian, are attending a Civilian Personnel Office-sponsored four-hour course in personnel management at the Education and Training Building.

The locally-devised course is given at the center about twice a year. Topics include personnel management principles and practices; recruitment and placement; position classification; position management; beneficial suggestions; performance ratings; employee training and development; employee assistance program; planning; delegating; problem-

solving; motivation; communication; equal employment opportunity program; safety; disciplinary actions; appeals, grievances and complaints.

The course is being coordinated by Sherry Robinson of the Civilian Personnel Office, who also instructs.

Other instructors are Mr. Herbert Lindemann, Jr., Lieutenant Commander Charles R. DeKrey, Dorothy Haworth, Lieutenant Robin Brown, Matt Riley, Weldon Miles, Ensign Rick Bloomquist, Lieutenant Susan Custis, Shirley Mason, Helen Cupper, Ted Ferriera, Commander Robert S. Knapp, and Lieutenant Commander Joanne M. Wilke.



Bielawski off for Okinawa

Lieutenant Commander Jerome Bielawski, Chief of Recreation Services at Naval Regional Medical Center Oakland, will depart next week for a new billet in Okinawa.

His replacement, Lieutenant Lanny Rinard, has already reported aboard the center from a previous assignment on the USS ENTERPRISE.

Commander Bielawski will serve as an administrative officer to the 3rd Marine Division in Okinawa for an unaccompanied tour of 12 months. The family will remain at home in Fremont.

The USN Medical Corps Officer has been assigned here since September 1974.



Our libraries...**General Library supplies fiction, fact, entertainment****By Barbara Arnott**

The General Library (formerly known as Crew's Library) in Bldg. 101 has a collection of 17,500 volumes, covering a wide subject-range from philosophy, psychology, history, literature and science to technology and sports.

Books

There is a comprehensive reference collection including several sets of encyclopedia and a popular selection of both foreign and domestic auto repair manuals.

Ethnic, women's, para-medical, university catalogs and examination manuals, texts for on-board courses are all included as special collections. The newest collection is of Welcome Aboard brochures from Navy bases worldwide.

The Children's Corner is an area set aside for young readers, pre-school through junior high school age.

About 150 periodicals and newspapers are subscribed to by the Library. There are many new paperback books, and donated books are always available on the free book table.

Monthly book lists of best sellers and new books are posted on all hospital bulletin boards and inter-library loans provide an indispensable service, enabling Naval Regional Medical Center Oakland readers to get the exact title they require, whether it may be technical or fiction.

On Mondays and Thursdays a library book cart is on the wards, providing selections for those unable to visit Bldg. 101.

Films

There is an interesting collection of Super-8 film cassettes which may either be borrowed or played in the Library. Titles vary from "Shakespeare: A Mirror to Man" to "Life in the Sea" to "One A.M.," Charlie Chaplin film-clips.

Records

A three-part collection of records includes Spoken (plays, poetry, speeches and children's stories); Popular-Rock, and Classical. Later this year, tape cassettes will be available for borrowing.

Staff

Barbara Arnott, the Administrative Librarian, says her goal is to increase and continuously up-date and improve the collection to provide comprehensive library service—"something for everyone."

Mrs. Arnott is assisted by Shirley Stark, in charge of circulation; Marilyn Stewart, cataloging clerk; Sheryl Woods, summer clerk, and Deborah Holmes, summer student clerk, who helps process new library materials and reorganize collection for a planned expansion in the fall.

New library hours; open until 8 p.m.

Effective immediately, and at least until the end of September, the NRMCO General Library will be open in the evening Monday thru Friday until 8 p.m. for the convenience of its patrons.

The extended hours are being

offered on an experimental basis to see if patronage warrants evening service.

The General Library is open during the business week beginning at 8 a.m. each day.



ADMINISTRATIVE LIBRARIAN—Barbara Arnott, B.A., M.L.S., UC Berkeley, holds one of the many platters available for lending in the General Library. Mrs. Arnott was assigned to NRMCO in 1975. Her versatile experience includes positions as reference librarian at the Oceanographic Library in Washington, administrative librarian at Air Force bases in England, and reference librarian in London and Cambridge University libraries.



CATALOGING CLERK—Marilyn Stewart assists Shirley Stark in circulation, handling reserves and over-dues and giving general reference assistance to borrowers.



SUMMER CLERK—Sheryl Woods is circulation desk duty as the Library commences its summer schedule, staying open until 8 p.m., July through September.



CUSTOMER—HMC John Chetis finds a selection to whet his interest and settles down in a comfortable niche in the General Library to read about it.



WINNERS! — In photo at left, MCM Steve Brown holds the box containing the recent Navy Relief benefit raffle tickets, as Dr. (Capt.) V.M. Holm, Director of Clinical Services, draws the lucky numbers.

At right, the three winners show off prizes they just claimed at the Navy Exchange. Left to right, they are: Dr. (Lieutenant Commander) Remi Villegas, Psychiatry, who won the Panasonic multiple band portable

radio; Dr. (Lieutenant Commander) T.A. Raja, also of Psychiatry, the Cobra 40-channel CB, and HM Don R. Winkelman of Medical Repair, \$30 worth of records. (U.S. Navy photos)

Officers promoted

NRMCO

The following NRMCO officers were promoted to rank indicated during the month of June:

Lieutenant Commander Medical Corps

James C. Barez
Richard D. Blevins
William A. Fawcett, IV
Donald B. Gibb
Herbie D. Harrier
Francis L. Hough
Stephen T. Howarth
David R. Kerr
Harry A. Lewis
Hugh G. Marshall
John P. Navins
Richard M. Olivier
Steven D. Rowley

Lieutenant Commander Nurse Corps

Francis C. McKown

Lieutenant Nurse Corps

Robert E. Butzow
Thelma Bevan
Stephen E. Kearns, Jr.

Lieutenant (Junior Grade) Nurse Corps

Dorothy F. Allan
Amela D. Andersen
Merry M. Cook
Melvyn P. Deane
Michelle Dunne
Susan B. Evans
Debra D. Guthridge
Patricia A. LaBonty
Kristen Matteson
Myron L. McCleary
Patricia A. Westgate
Patricia A. Wingfield
Carol J. Taylor
Daniel T. Woolley

Navy relief drive termed 'success'

The final tally shows Naval Regional Medical Center Oakland collected \$3,487.54 in the Navy Relief Society fund drive which ended here earlier this month.

Command drive chairman Commander Phyllis Warren termed the campaign successful and extends her thanks and congratulations to the key persons for their efforts. She singled out HM1 Arzie Elliott of the lab staff in particular for recognition. "The drive would never have gotten off the ground without his help," she said. "I was convalescing from an illness when the campaign started, and Elliott organized the collection with only telephone guidance. He

also saw it through to its successful completion."

The funds collected go to help active duty or retired Navy and Marine Corps personnel; fleet reservists; dependents of living or deceased personnel listed above, and Coast Guard personnel in time of war.

A raffle was held at NRMCO to benefit the drive, and names of the winners and their prizes have been announced. They are: Dr. (Lieutenant Commander) Remi Villegas, Psychiatry, who won a multiple band portable radio; Dr. (Lieutenant Commander) T.A. Raja, also of Psychiatry, a 40-channel CB, and HM Don R. Winkelman, Medical Repair, \$30 worth of records.

Jordan retires; Mendenhall reports

Commander Robert Denney Jordan, Radiological Health Officer here since November 1969, retired June 30 after 26 years' active duty with the U.S. Navy.

His replacement is Lieutenant Karl G. Mendenhall, who comes to Naval Regional Medical Center Oakland (NRMCO) from an assignment at Bethesda's Armed Forces Radiobiology Research Institute.

Cdr. Jordan received a letter of commendation for his lengthy meritorious service from Rear Admiral Walter M.

Lonergan, the center's commanding officer.

The commander said he leaves NRMCO with "mixed emotions. I have enjoyed my tour of duty here and it has been a pleasure working with this staff."

Before his Maryland assignment, Lt. Mendenhall served aboard the USS PROTEUS (AS-9). He and his wife and son are making their home in Pleasanton.

Cdr. Jordan, who lives in Concord, plans to remain in the area and do consulting work.

Three advanced

Three Naval Regional Medical Center Oakland enlisted men were advanced in June.

Advanced to present rate were:

HMC Hervie Messier, Preventive Medicine Technician School staff

HM1 David R. Davis, Mare Island Branch Clinic

HM1 Robert L. Jones, Alameda Branch Clinic

CSC revises SF 171

Standard Form 171, the application filed by more than a million people seeking Federal Government jobs each year, is getting a face lift.

The slightly longer, easier-to-read "Personal Qualifications Statement" will be available in most areas of the country by late summer. Applications already on file need not be resubmitted.

This is the first major overhaul of the form since 1968. A new design makes it easier to complete and to collect more specific information.



"GOLDEN AGE OF SAIL" — Joseph R. Corish is showing an exhibition of 19 oils depicting the great windships of yesteryear in the Navy/Marine Corps Museum at Treasure Island. The paintings have won several awards and been shown in exhibitions throughout the United States and abroad. The museum is open seven days a week from 10 a.m. to 3:30 p.m. and the free exhibition will run until the end of July.

(U.S. Navy Photo)

Cross country events slated

The Eleventh Naval District North has announced its 1978 Cross Country Schedule, with one slated for Naval Regional Medical Center Oakland on Aug. 25.

Schedule follows:

Aug. 18 NAVSUPACT Treasure Island (Meet at Gym, Bldg. 402) at 5 p.m. (4 miles)

Aug. 25 NRMCO (Meet at Swim Pool, next to Tennis Court) at 5 p.m. (5 miles)

Sept. 8 Lake Merritt (Meet at Oakland Recreation Department, 1520 Lakeside Drive) at 5 p.m. (6 miles)

Sept. 15 NAVSUPACT Mare Island (Meet at Rodman Center, Bldg. 545) at 5 p.m. (6 miles)

Sept. 23 11ND North Championships, NAVSUPACT Treasure Island (Meet at Gym, Bldg. 402) at 10 a.m. (6 miles)

Oct. 2-6 West Coast Championships, NAVSTA San Diego (6 miles)

Commands may enter unlimited entries in all meets. Team scores shall be determined by totaling points scored by first five members of each team that finish the event. Participants must register no later than 15 minutes before starting time.

Awards will be provided by BuPers for the top five places in Open Division, top two in Senior Division, and top two in Women's Division. To compete in the Men's Senior Division, participants must have reached their 35th birthday on or before Oct. 1.

The first five place winners in the Open Division and the first two in Senior will qualify for the West Coast Championships.

For more information, call Ron Brown at Ext. 2479.

NRMCO loses in slow pitch

Naval Regional Medical Center Oakland was eliminated from the Eleventh Naval District North Slow Pitch Tournament July 15 at Naval Air Station Alameda in a game with Le-moore which ended in extra innings.

Our team chalked up two wins and two losses in the finals.



Tennis lessons to be expanded

Special Services announces that beginners, advanced beginners and intermediates, whether adults or youth, will be able to sharpen their tennis skills with expanded hours of instruction from Paul Welles, Tennis Coach at Skyline.

A series of three-week tennis sessions for youths began this week. Groups of beginners and of four advanced beginners and intermediates are being organized according to age for the twice a week lessons. Cost is \$21 for six in a class, or \$14 for four in a class.

Expanded instruction is being offered for adults on Monday, Tuesday and Wednesday afternoons, and evening classes will continue to be offered. Demand for instruction in other hours being offered, a spokesman said.

Dr. Welles' tennis experience extends to participating in tournaments throughout the United States, Canada and Europe; playing varsity tennis at University of California, and being ranked nationally in men's singles. He has many years of teaching experience and will be able to help players at all levels.

For additional information call Special Services at 639-2479, or Dr. Welles at 359-4537.

Pistol match set July 29

Eleventh Naval District North 45 calibre pistol championships will be decided tomorrow at Moffett Field, beginning at 8 a.m.

All commands are invited to enter individuals in the match. There will be one team entry composed of four members and two alternates from each command. Naval Reservists on inactive duty, Fleet Reserve and retired Naval personnel are allowed to fire in individual matches only.

The individual match will consist of firing two times over the National Match Course, while each four man team will fire only once.

LCDR R. Adams, USNR-R, will coordinate the match and serve as official referee. Awards will be provided by the Bureau of Naval Personnel and will be presented at the termination of firing.

Inquiries may be referred to Mr. Ron Brown, Special Services, Ext. 2479.

Four complete Marathon

Four NRMCO personnel were among the 3,000 finishers in the second annual 26.2 mile San Francisco Marathon, July 9.

They were Bob Donnell, Tom Dresser, Ray Grath and Steve Louie.

Dresser led the group with a time of 2 hours 59 minutes.

Cookies...(from page 1)

If you were so presumptuous as to swipe a cookie and sneak a bite, you'd proclaim it a pretty tasty peanut butter cookie.

And that's what it is—with an addition—the addition of Amphojel tablets ground into normal ingredients of flour, baking powder, soda and salt.

To this is added shortening, peanut butter, white and brown sugars and an egg. Bake 10 minutes at 375° and VOILA—there is a yummy confection that makes taking medication a lot more fun!

Before head dietician Lt. K. Dougherty came up with the solution a couple of weeks ago from a recipe book of Wyeth Laboratories (maker of Amphojel), the kidney dialysis patients were required to chew 20 tablets at each modality. Some experienced difficulty in swallowing so many tablets. Liquid Amphojel was offered as a substitute, but at least one said it made him nauseous.

Now, taking the medication is a simple matter of chomping on to six cookies!

NRMCO women champs in Fallon playoffs

The Naval Regional Medical Center Oakland team has captured the Eleventh Naval District North Crown women's softball championship playoffs at Fallon, Nev. .

HM3 Pat Lieb, co-captain and pitcher for Oakland, said the local team, the Rebels, edged out Defense Language Institute (DLI) 11-10 in the eighth overtime innings. Oakland previously beaten DLI 19-13, and won, 3-2.

The Rebels will now pick up play from all Eleventh Naval District teams to comprise an all-team to compete in the Pacific Regional finals at NAS Lemoore, 31-Aug. 4. Winners will go on to Florida for the All-Navy Aug. 7-10 and hopefully, the Inter-service Championships in Hawaii, Aug. 21-25.

In addition to Lieb, Oakland team members and the positions they play are: LTJG Lynn Gormley, captain and first base; Ensign Denise Boutin, second base and shortstop; HM3 Ann Eckersall, catcher; LT Genella Mussell, third base; LT Kathy Roberts, outfield; LT Sue Smalling, LT Nina Hemmelgarn, HM3 Cindy Horvath, HM3 Jan Kopriznak, LTJG Judy Kohlhaas, LT Vickie Goff and LTJG Sandy Youmatz, all outfield; HM2 Karri Steiger, shortstop and outfield; HM3 Amy O'Byrn, pitcher, and Ensign Nancy Hoffman, second base.

Coaches are Ensign Ron Adams and HM1 Harold "Woody" Wood.



REBEL VICTORS—The Naval Regional Medical Center Oakland women's softball team is now tops in Eleventh Naval District North. The team poses here with trophies won during final playoffs at Fallon, Nev. Members are, left to right, top row: HM1 Harold "Woody" Wood, assistant coach; LT Kathy Roberts, outfield; HM3 Amy O'Byrn, pitcher; HM3 Jan Kopriznak, outfield; LTJG Lynn Gormley, captain and first base; LT Nina Hemmelgarn, outfield; LT Vickie Goff, outfield; LTJG Sandy Youmatz, outfield; ENS Ron Adams, coach. Kneeling: LT Genella Mussell, third base; LTJG Sue Smalling, outfield; HM3 Cindy Horvath, outfield; ENS Denise Boutin, shortstop and second base; HM2 Karri Steiger, shortstop and outfield; HM3 Ann Eckersall, catcher; ENS Nancy Hoffman, second base, and HM3 Pat Lieb. Not shown is LTJG Judy Kohlhaas. (NAS Fallon photo)

Hosts fleet race

The Naval Support Activity, Treasure Island, (T.I.), will host a fleet race for the Eleventh Naval District sailing championships on Aug. 12 at 10:30 a.m., preceded by a skipper's meeting at 8:30 a.m., Aug. 11 in the T.I. Harbormaster's Office.

Entry is permitted from each fleet. Afloat commands with homeports in the north district area are eligible to participate as individual crews provided they are not members of the Composite Recreation Center of their homeports.

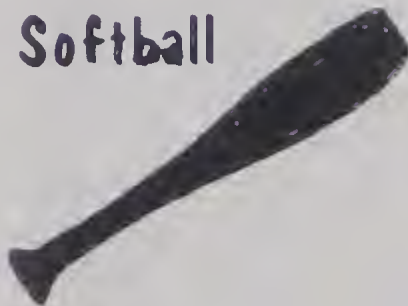
All Navy, Coast Guard and Marine Corps personnel on active duty for more than 90 days are eligible. A crew will consist of a skipper and crew members and boats will include Rhodes 19 Class Sloops with spinners.

The winning crew will qualify for the West Coast Sailing Championships Aug. 28-Sept. 1 at Naval Amphibious Base, Coronado, near San Diego.

Inquiries may be referred to Mr. Brown, at Ext. 2479.



Softball



Final Standings

(REGULAR SEASON PLAY)

TEAM	W	L	PCT
*Radiology	11	3	.786
*GAF	11	3	.786
*Med Repair	10	4	.714
*Lab	10	4	.714
Peds/OB	8	6	.571
NP	8	6	.571
MSC	8	6	.571
PT/OT	8	6	.571
Opthamology	7	7	.500
Nursing Service	7	7	.500
Ortho	6	8	.429
Surgery	6	8	.429
OR	2	12	.143
CPO	1	13	.071
Gen Medicine	1	13	.071

*Qualified for double elimination playoffs.

MOVIES

Movies are shown at Naval Regional Medical Center
Oakland, Bldg. 500, Clinical Assembly Please note the

time change in movie showings. Monday through Friday
the pictures will start at 5 p.m.; Saturday and Sunday, 2 p.m.

Friday, July 28, 5 p.m.

NATURE'S WAY—Roy Tatum, Ben Jones—Drama, G

The saga of wildlife photographer Eric Whylo and his dog. Together they create an exciting, comical and dramatic adventure story set against the backdrop of a small town nestled in the beautiful Appalachian Mountains of North Carolina.

Saturday, July 29, 2 p.m.

SOUNDER (PART II)—Garold Sylvester, Ebony Wright—Drama, G

This sequel to Sounder focuses on that well-loved American family, the Morgans. This time the family is involved with building a new school house and persuading the teacher to remain, as opposed to leaving for a job in Ohio.

3:40 p.m.

MR. HOPPITY GOES TO TOWN—Musical Cartoon, G

Musical cartoon with a terrific score by Hoagy Carmichael, Frank Loesser and Samuel Timberg. With Michael, Frank Loesser and Samuel Timberg. With Sounder, this makes a nice children's matinee.

Sunday, July 30, 2 p.m.

ICY BREASTS—Alain Delon, Mireille Darc—Drama, R

A television writer meets a beautiful, mysterious and strangely cold woman. She lives in an isolated villa protected by a caretaker who is found murdered one night. CREEEEPY!

Monday, July 31, 5 p.m.

FOR THE LOVE OF BENJI—Benji—Comedy/Drama, G

While traveling in Europe, Benji becomes lost. He is befriended by a huge mongrel. His friend Nelson tracks Benji with a Doberman. Lots of excitement when he is captured in order to obtain a tattooed code on his paw.

Tuesday, Aug. 1, 5 p.m.

THE OTHER SIDE OF THE MOUNTAIN II—Marilyn Has-

sett—Drama, PG

The continued story of Jill Kinmont, a former champion skier who was paralyzed in a skiing accident. Jill goes to Bishop, Calif. to teach Indian children and meets a young man who has just gone through a difficult divorce.

Wednesday, Aug. 2, 5 p.m.

THE DUELLISTS—Keith Carradine, Harvey Keitel—Adventure, PG

Carradine is ordered to inform a fellow officer that he is being confined to quarters for duelling. This sets off a series of battles and as the years pass, Carradine tries to avoid the fanatical officer whose promotions in rank equal his.

Thursday, Aug. 3, 5 p.m.

HERE COME THE TIGERS—Richard Lincoln, James Zvanut—Comedy, PG

Little League baseball team, the Piddleton Tigers, is a haven for misfits. It looks like there is no hope for them until a small oriental boy joins the team and belts out a stream of homers. The team really starts cooking and finishes on top.

Friday, Aug. 4, 5 p.m.

THE EVIL—Richard Crenna, Joanna Pettet—Occult, R

Parapsychologist Richard Crenna and his girlfriend go with several colleagues to a large old house for purposes of scientific study. They find an evil spirit and some of his colleagues are brutally killed. His girlfriend becomes possessed by the devil. Lots of action.

Saturday, Aug. 5, 2 p.m.

RIDE A WILD PONY—Michael Craig, John Mellon—Comedy, G

A poor, lower-class Australian farming family gets into trouble for not sending their son to school as the distance is too far. The father manages to buy the son a

cheap pony but the pony runs away.

3:40 p.m.

WHIFFS—Elliot Gould, Jennifer O'Neill—Comedy

Elliot Gould is a human guinea pig who is in the Army and who is subjected to chemical warfare. He decides to take advantage of his knowledge and the ransacking of an entire city with the use of gas.

Sunday, Aug. 6, 2 p.m.

ONCE UPON A TIME—G

This romantic film embodies many of the characters well-known from classic fairy tales.

Monday, Aug. 7, 5 p.m.

AMERICAN HOT WAX—Tim McIntyre, Loraine L. Jackson—Comedy, PG

Rock fans will love this one! Top rock disc jockey a New York station is caught in a 'payola' scandal. Doesn't stop him from trying to put on a rock concert at the Brooklyn Paramount Theatre.

Wednesday, Aug. 9, 5 p.m.

ACES HIGH—Malcolm McDowell, Peter Firth—War, PG

In 1917 France, Major McDowell commands a Flying Corps base. An eager young Lieutenant is assigned to McDowell. The Major acts cold to him because of the strain of his duties and because the expectancy of a replacement is about 14 days.

Thursday, Aug. 10, 5 p.m.

RETURN TO BOOGY CREEK—Dawn Wells, David L. Lander—Horror, G

Big Foot is on the prowl again in the swamp. Lost children flee from him to an abandoned cabin which turns out to be the home of the monster. SP0000

Anyone for fun at South Tahoe?

Would you like a weekend at Lake Tahoe but don't want the hassle of a long drive, not to mention the expense of gasoline, accommodations, etc.?

DOES SPECIAL SERVICES HAVE A DEAL FOR YOU!

At 7:45 a.m., Saturday, Aug. 12, board a deluxe motorcoach right here at NRMCO. Settle back and tool on up to Tahoe in comfort, watching the picturesque countryside and mountains through large, wide windows while your nerves take a rest as someone else fights the traffic.

Upon arrival, check into a modern South Shore motel with its own cocktail lounge and coffee shop. Relax as you like in the resort's outside pools, or play a spirited game of volleyball right on the grounds. Perhaps you'd rather go to the lake

itself for water sports, fishing, swimming. Or...if gambling is your "bag," board the free city shuttle bus service from the motel to the casinos and return. They run every hour.

The next day have a leisurely brunch, soak up some more sun, board the same comfortable bus at 3 p.m. You'll be back at the NRMCO parking lot around 8 p.m., in plenty of time to get enough sleep for next day's duty.

The cost? \$30 per person, double; \$37 single. Price includes round trip transportation, one night's accommodation at the motel, and a number of bonuses worth more than the cost.

Get a group together and enjoy this fun package. BUT...do call Sally, Ext. 2479, and get your reservations NOW.

Servicemen's picnic at Golden Gate Park

The San Francisco USO is sponsoring a picnic Sunday in a meadow near an athletic field in Golden Gate Park.

The group will meet at noon at the USO, 375 O'Farrell St., but please call ahead to 776-3100 and let us know if you want to join them.



JUST IN TIME—The grateful parents of a Pediatrics patient sent a beautifully-decorated cake to the ward recently. It just so happened that the cake arrived the day that another patient, Michael Rice of Vallejo, was celebrating his fourth birthday, and the staff decided that Michael should get the first piece. Here he is, waiting in keen anticipation, as nurses Judi Ruymen (left) and Joanne Kanzler stand by to supervise surgery on the cake.

Reeg, Smith to marry tomorrow in Castro Valley church

Lieutenant Fred Reeg of the Treasure Island Dental Center will claim Lieutenant (junior grade) Jennifer Lu Smith as his bride tomorrow in Castro Valley.

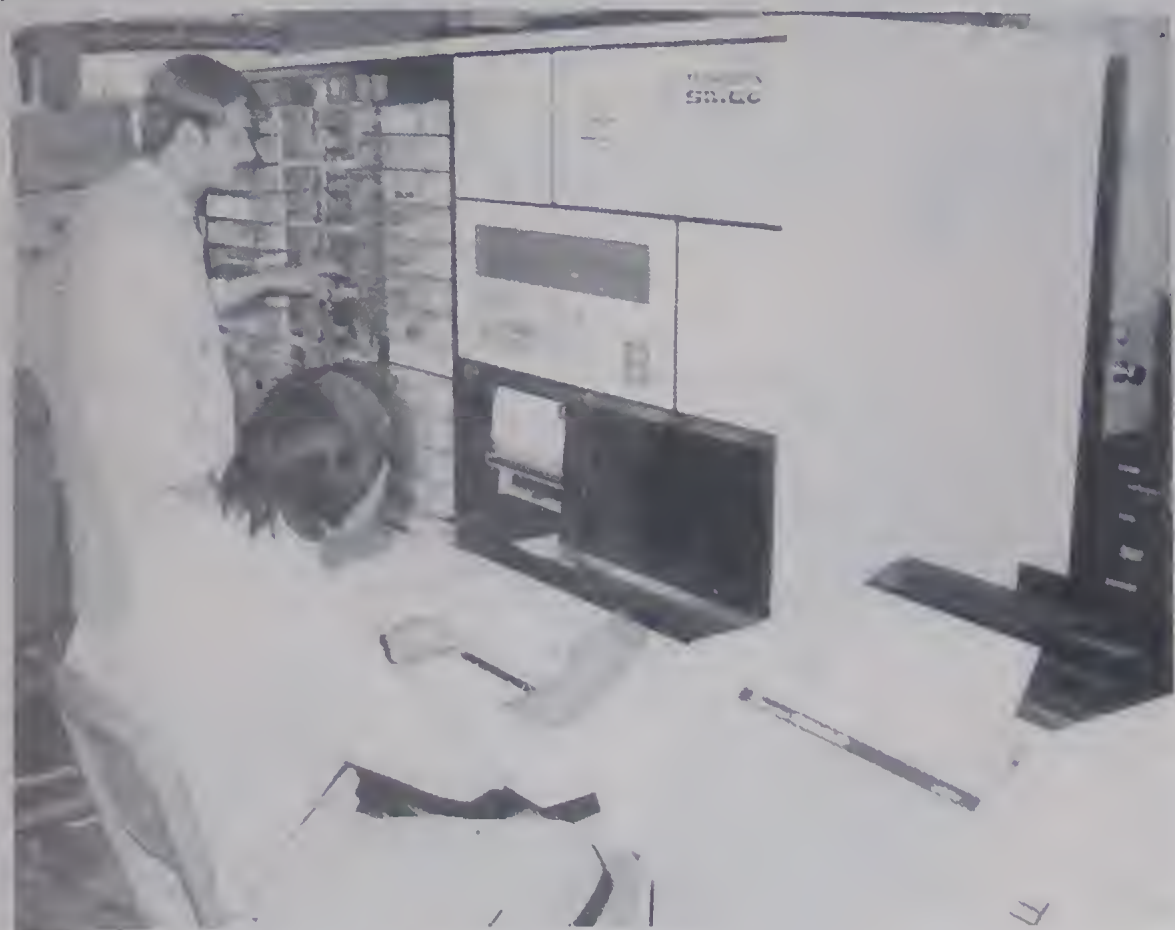
Reeg, who until recently was As-

sistant Chief of Operating Management at Naval Regional Medical Center Oakland, met nurse Smith here. They became further acquainted when they both began teaching Sunday School at Cathedral of the Crossroads, where

they will be married.

Lieutenant Smith worked for a while in Medicine and is now assigned to Obstetrics/Gynecology, 8th North

New chemistry analyzer kicks on Monday



TESTING—Earlier this week HM2 John Woods (standing) and trained operator Mr. Harvey Chow made some test-runs and correlation studies on the new computer-directed chemistry analyzer in Laboratory Services.

Ordering procedures for chemistry tests at Naval Regional Medical Center Oakland will change Monday when Laboratory Services activates a new computer-directed chemistry analyzer.

It will replace the SMA-6 and SMA-12 autoanalyzers formerly in use, and organ profiles will replace panels requested by machine names, according to Lieutenant Commander William F. Kellogg of the laboratory staff.

The new machine:

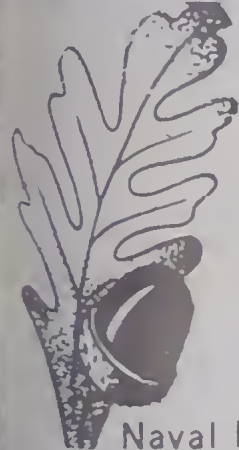
- temporarily stores test information on patients being processed, sorts, collates data, and then transmits and prints the information on a form that eventually goes into the patient's records.

- maintains automatic quality control on processing of specimens and automatically makes corrections and adjustments. It calculates data, identifies samples and trouble-shoots all tests and modules.

- incorporates the most current chemical methodology; it is faster,

(Continued to page 5)

THE



OAK LEAF

Naval Regional Medical Center, Oakland

Vol. 40 No. 15

Friday, August 11, 1978

Rebels take finals!

NRMCO's women's softball team, "The Rebels," representing 11th Naval District North, has won the west coast regional finals at NAS Lemoore without defeat in competition with 11th Naval District South, 13th and 14th Naval Districts, and a team from WESTPAC.

As we go to press, the Oakland women are in combat at NAS Pensacola, Fla., for the All-Navy title.

Dr. Holm to retire, enter private practice

Dr. (Captain) Victor M. Holm, Director of Clinical Services, is on leave until Sept. 30, the date of his retirement from the U.S. Navy after more than 21 years' service. He is retiring to enter private practice in Portland, Ore.

Dr. (Captain) D. Q. Wilson, Regional Health Care Coordinator, will be the Acting Director of Clinical Services until Dr. (Captain) Louis U. Pulicichio, the permanent replacement for Dr. Holm, arrives from Naval Regional Medical Center Charleston (S. C.) about Sept. 1.

NRMCO resident

Dr. Holm, a Wisconsin native, took undergraduate study at Augustana College, Sioux Falls, S.D.; earned his B.S. in Medicine from the University of South Dakota, and his M.D. from the State University of Iowa. He served a rotating internship and partial Internal Medicine residency at Emanuel Hospital, Portland, and a Neuropsychiatry residency at Naval Hospital, Oakland.

Board-certified by the American Board of Psychiatry and Neurology, Dr. Holm is a member of the American Medical Association, a fellow of the American Psychiatric Association, and former section chairman for the annual meeting of the Golden Gate Group Psychotherapy Association. He is also a member of the Association of Military Surgeons of the United States and the Washington Psychiatric Society.

Navy billets

His Navy duty includes positions as Senior Psychiatrist at Treasure Island; Chief of the Neuropsychiatric Departments at both Great Lakes and Oakland Naval Hospitals; Assistant Head, Neuropsychiatric Branch, Bureau of Medicine and Surgery, Washington, D.C.; Chief of Psychiatric Service at Bethesda National Naval Medical Center.

Also, Assistant Professor and Associate Professor of Psychiatry at Georgetown University Medical School; Consultant, Group for Advancement of Psychiatry in Government Agencies; National Advisory Mental Health Council; Interagency Institute for Federal Health Care Executives; Board of Directors, Lake County, Ill. Mental Health Society and Clinic, and the U.S. Navy delegate to second National Congress on Mental Illness. Last summer, Dr. Holm presented a paper on "Patients Without Illness" during the AMA's national convention.

Author/Lecturer

Dr. Holm is the author of six articles on subjects ranging from drug abuse to evaluation of a therapeutic community. He also produced a video tape on combat psychiatry in Vietnam.

The psychiatrist has chalked up an impressive list of major addresses to both Navy and professional associations. His research activities include a long term follow-up of treatment for character disorders, and central amines and psychiatric illness.



Dr. Victor M. Holm

His military decorations include the Meritorious Service Medal, the Meritorious Unit Citation and several letters of commendation.

He has many outside interests. He is a licensed amateur radio operator... builds and plays pipe organs... has been a choir member... and has owned four airplanes. He is a commercially-licensed pilot and flies his own Beechcraft Bonanza regularly.

The doctor is married to the former Violet A. Jensen and the couple has five children.

A retirement ceremony in his honor will be held at Naval Regional Medical Center Oakland on Sept. 30.

Summertime safety practice includes keeping your cool

Summer is a great time for Navy people to take some leave and enjoy themselves. The weather's warm and sunny. There's time to hike, swim, play tennis or do all sorts of outdoor things you couldn't do any other time of the year.

Death is rather a high price to pay for warm weather. Along with summer's niceties come its dangers. Among nature's hazards, only the excessive cold of winter takes a higher average toll than summer heat and too much sun. In a normal year, about 175 Americans die, not by lightning, hurricanes, tornadoes, floods or earthquakes, but by over-exposure to the sun.

Humans are warm-blooded creatures and must maintain a constant body temperature in order to survive. As environmental temperatures get closer to the normal body temperature, the body loses its ability to shed heat through the circulatory system because there is little difference between the temperatures of the air and of the skin. When outside temperatures are above 90 degrees and relative humidity stands above 75 per cent, the body is doing everything it can to maintain its 98.6 degrees inside. The heart is pumping a torrent of blood, sweat glands are pouring water and essential chemicals onto the surface of the skin while the body's vital organs continue to generate heat. If these conditions continue for very long, a lizard will doze—a human will die. You can avoid tragedy during a heat wave by following these simple rules:

- **Slow down**—your body can't function well when it's hot.
- **When your body says it's too hot, listen to it.**
- **Dress for the heat**—lightweight, light-colored clothes help reflect heat.
- **Drink adequate amounts of water.**
- **Eat less**—food can increase metabolic heat production and water loss.
- **Try to get out of the heat** for at least a couple of hours each day.
- **Don't get too much sun**—sunburn interferes with the skin's ability to shed heat.
- **Know the symptoms of heat syndrome and how to give first aid.**

Heat Asthenia

(caused by heat and humidity)

Symptoms: Easy fatigue, headache, mental and physical inefficiency, poor appetite, insomnia, heavy sweating, high pulse rate and shallow breathing.

Treatment: Get out of the heat, drink plenty of water, and rest.

Heat Cramps

(caused by strenuous activity under hot, humid conditions)

Symptoms: Painful muscle spasms, contraction in the muscles in the fingers, later in the leg muscles and in the abdominal wall; pupils may dilate with each spasm; there is heavy sweating and the skin is cold and clammy.

Treatment: Make victim comfortable. Use direct pressure on cramping muscles or apply wet towels.

Heat Exhaustion

(caused by prolonged hot spell, overexposure and physical exertion)

Symptoms: Profuse sweating, weakness, dizziness and perhaps heat cramps. Skin is cold and pale, clammy with sweat, pulse is thready and blood pressure is low. Body temperature is normal or sub-normal. Vomiting may occur.

Treatment: Get victim out of the heat, providing rest and fluids. Seek medical help.

Heat Stroke

(caused by a breakdown of the heat-regulating and cardiovascular systems)

Symptoms: Same as those of heat exhaustion. Additionally, the victim stops sweating just before heat stroke. The temperature rises sharply, often to 106 degrees or more. Pulse is full, blood pressure high. Delirium or coma is common. Skin is flush at first, then turns ashen.

Treatment: Heat stroke is a very serious emergency. Medical care is urgently needed. Move victim into a cooler, indoor environment, remove clothing, put into bed. Reduce body temperature by iced bath or sponging body with alcohol. Get doctor or move to hospital immediately, (NES)

A chaplain speaks: + On making dreams come true

By Chaplain (Lieutenant Commander) Denis Casey

How dull life can be without a dream...

Remember the man from La Mancha who dreamed the impossible dream. He strived when his arms were too weary to reach the unreachable star. He was willing to fight for the right without question or pause.

There are always dreams at weddings...living happily ever after; living in love in good times or bad, in sickness and health. But, unfortunately, this dream often ends when the honeymoon is over.

It is possible to reach the marriage dream but it does require striving...striving to love, appreciate, help encourage, thank, listen and understand. There are also a few "No- No's"...no sarcasm, no acting the martyr, no teaching the other a lesson, no staying angry, and no acting superior.

"Happy are those who dream dreams and are ready to pay the price to make them come true."

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

RADM W.M. Lonergan, MC, USN, Commanding Officer
CAPT Victor M. Holm, MC, USN, Director of Clinical Services
CAPT Hubert H. Sowers, MSC, USN, Director of Administrative Services

LCDR Charles R. DeKrey, MSC, USN, Assistant Director of Administrative Services, Public Affairs Officer
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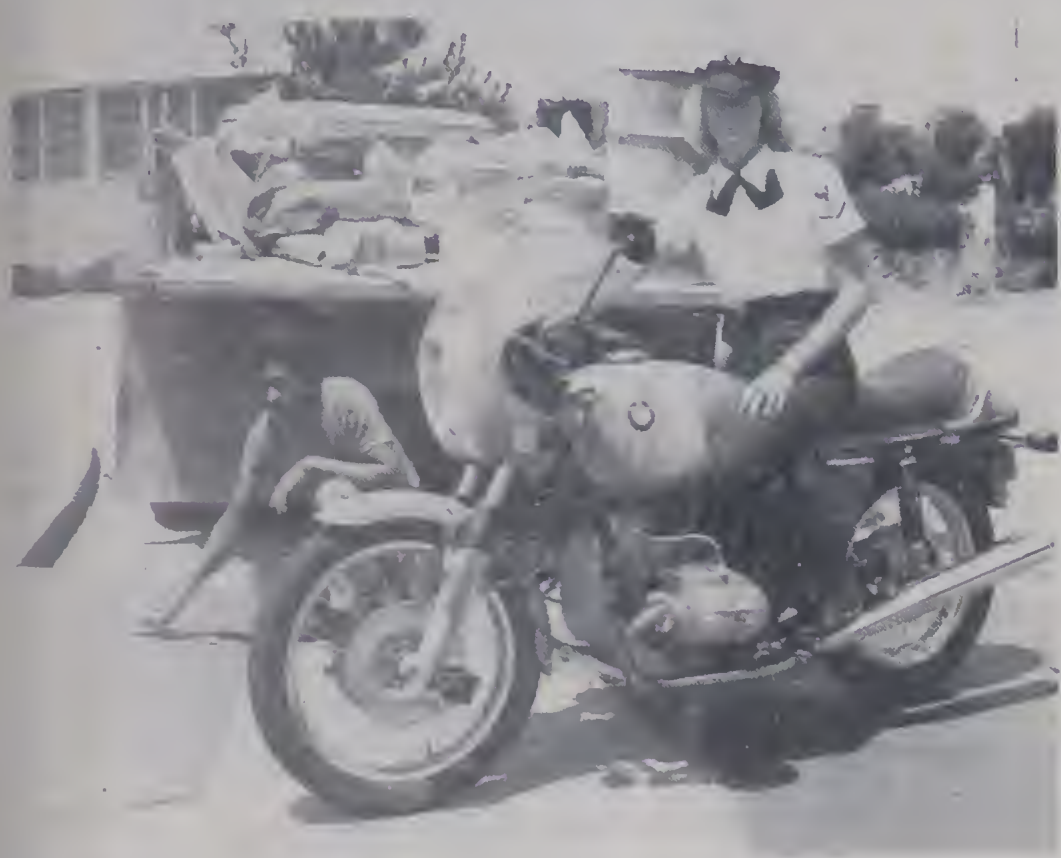
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Opinions contained herein are not official expressions of the Department of the Navy. THE OAK LEAF receives American Forces Press Service and Navy News material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

With ramp

Public Works 'rescues' Brenda



EAGER TO USE—HM3 Brenda Rogers stands by with her bike as Public Works mason John Taylor puts the finishing touches on a new ramp for motorcycle parking.

HM3 Brenda Rogers of Operating Management had a problem.

She'd just purchased a BMW R-90-S motorcycle to commute to work, with full intent to park it comparatively close to her office in an area designated for motorcycles near the Preventive Medicine Technicians' School.

However, the first day she tried to park the cycle there, she noticed a seven-inch deep curb set off the area. There was no way she could drive the bike over the curb. So, she dismounted and tried to push the heavy bike over the concrete barricade without success.

What to do? Well, she could, maybe lift the machine over the curb. So Brenda flexed the muscles of her 130-pound frame and gave it a try. Alas, however, she didn't have the strength to hoist the 454-pound weight.

So, parking the bike in an automobile spot, she walked into her office to tell her troubles to Fred Taylor, the unofficial advisor to all the young personnel of Operating Management.

Fred sympathized with her dilemma and pointed her in the right direction—to Ben Nelson, longtime civil engineer of Public Works. Ben listened to Brenda's problem and agreed that she had a legitimate complaint. Shortly thereafter, Public Works came to the rescue. They dispatched a pavement specialist to the scene and rapidly built a concrete ramp up and over the existing curb.

Coincidentally, the day the work was completed was very near Brenda's 21st birthday. She says "it's one of the nicest birthday gifts I've ever had!"

Industrial Hygiene Lab wins accreditation

Naval Regional Medical Center Oakland's (NRMCO) Industrial Hygiene Laboratory has won a three-year accreditation from the American Industrial Hygiene Association (AIHA), it was announced this week.

Only one other Navy lab has earned such accreditation, an official pointed out.

Dr. (Captain) John Caruso, Jr. is Chief of the region's Occupational Health Service, with offices in the Branch Clinic at Mare Island. Mr. Guido J. Rosati is the head of its Industrial Hygiene Branch.

The branch is responsible for recognizing, evaluating and recommending controls over occupation factors or stresses which may cause sickness or impaired

health among workers at all Navy commands supported by NRMCO. Some of the agents responsible for stress are chemical, physical, biological or ergonomic in nature, and control measures include administrative procedures, engineering technology, or perhaps as simple a solution as personal protective equipment. Branch personnel evaluate the exposure after lab analysis of environmental data. In addition to the Mare Island lab, there is a section at the Alameda Naval Air Station.

Guidelines for accreditation from AIHA include continuous demonstration of accuracy and performance; lab direction, supervision and personnel; safety; profi-

ciency analytical testing; quality control and equipment; facilities and records. An inspection team also visits the site and evaluates at first hand.

Mr. Frank Kieffer, who is certified by the American Board of Industrial Hygienists, manages the lab and is assisted by Mr. George Fulton, an industrial hygiene chemist. Other industrial hygienists hired by the branch are board-certified in comprehensive practice. Mr. Alexander Palun and Mr. Harvey Grasso are assigned to the Mare Island Section, Mr. F. J. Foster to the smaller command section, and Mr. John Psathas and Mr. Gordon Miller to the facility at Naval Air Station Alameda.

Six complete neuropsychiatric training

Oak Knoll graduates a similar class every six weeks. The only other Navy site for the Phase II specialized training is at NRMCO Portsmouth, Va., a spokesman said.

Six corpsmen completed Phase II Neuropsychiatric Technician training today and graduated in ceremonies held at 9:30 a.m. in the Conference Room of the 5th floor.

Those completing the six-week course and their new duty assignments are: HM3 Jennifer Baker, who will remain at Naval Regional Medical Center (NRMCO) Oakland; HA Michael Bamonte, NRMCO, Philadelphia, Pa.; HN Ronald Hudson, NRMCO Great Lakes, Ill.; HM3 Robert Izzett, remaining at NRMCO Oakland; HM3 David Walker, NRMCO Bethesda, Md.; HN Steven Wieters, NRMCO San Diego.

The corpsmen training to be neuropsychiatric technicians first complete six weeks' didactic instruction at Ft. Sam Houston, Tex., in a bi-service program with the U.S. Army. Phase II provides them with six weeks' clinical experience at either Oakland or Portsmouth before they are sent to hospitals and clinics to fill technician billets.

Lieutenant Clinton E. Lambert, Jr., U.S. Navy Nurse Corps, is in charge of the training here, assisted by HM2 Frank Gerald Gillette and HM2 Michael Lee Walker, instructors.

★ ★ ★ ★ ★
 OAKLAND, CALIF. ★ ★ ★ ★ ★
 AUGUST 11, 1978
 THE OAK LEAF

New state law

EMTs qualify on skill ruling

Some 27 student Emergency Medical Technicians (EMT) successfully completed an ambulance course last week, one of the first groups in the state to satisfy new California requirements of skills proficiency.

The State Health Department enacted a law last Feb. 15 with mandatory compliance July 31, which requires students to demonstrate their skills in cardio-pulmonary resuscitation, delivery of babies, examining patients for injuries, airway management, use of suction devices, external bleeding, foreign bodies, splinting fractures, and how to extract an accident victim with possible spinal injuries from an auto.

HM3 Brad Martin, staff instructor and program administrator at Naval Regional Medical Center Oakland (NRMCO), said 33 students enrolled in the 56-hour class, and only six were not judged proficient. He said this 15% failure rate compares to an average of 19% in the outside community.

The students took their final practical portion of the course on July 26-27, days before the mandatory compliance date. Their accident "victims" were both live models and dummies.

The course included four Army medical personnel, three from Letterman Army Hospital and one from Hawthorne, Nev. The remainder of the students are assigned to NRMCO.

Dr. (Captain) Gary W. Zelles of Surgical Services is the EMT coordinator.



FREEING THE VICTIM—John Miller of the Treasure Island Holding Company plays the role of victim with possible spinal injuries as EMT students work to extricate him from a "wrecked" auto.



EXTERNAL BLEEDING—Students (l to r) Fireman Loren Hollis and his helper Roy Kenney demonstrate their classroom skills in helping a victim of external bleeding while HM3 Tom Batten, at right, one of the examiners, grades them.



VITAL SIGNS—HN Bill Josey, examinee, takes a blood pressure reading and evaluates "patient" Roy Ryan of the Treasure Island Holding Company.



BREATH OF LIFE—Examiner HM3 Ken Herren observes as Fireman Loren Hollis of Mare Island shows what he has learned about CPR for infants. The "baby" is a dummy known as "Resus Baby."



CPR—HN David Durham of Treasure Island demonstrates his know-how in cardio-pulmonary resuscitation on the victim, a dummy known as "Resus-Annie."

Air Force PAP smears 'misclassified'

Navy women and female dependents who have NOT had PAP smears since September 1977 and whose last PAP smear was taken at an Air Force medical facility before that date should contact that facility, or the Naval Regional Medical Center Oakland, or any of its branch clinics to determine if re-examination is necessary.

The Air Force recently discovered a portion of PAP smears taken at 94 Air Force facilities throughout the world during the period July 1, 1972 through Sept.

30, 1977 may have been misclassified by an Air Force contractor.

The PAP smear is recommended annually for most women to test for cancer of the cervix. Since it is recommended annually and most women comply, many of the Air Force-tested women may have already been reexamined. Those who have not are advised to contact a doctor to determine if reexamination is necessary.

Appointments may be made for NRMCO Obstetrics/Gynecology Clinic by calling Ext. 2501.

Analyzer

(From page 1)

more objective, and contributes extensively to the quality assurance of testing.

During processing, the analyzer stores demographic information on 120 patients at one time. All analyses are performed simultaneously at the rate of 150 samples per hour, twice as many as the old SMA-12. The instrument has the capability of being interfaced with a laboratory computer system at some future date.

Routine chemical tests will be processed by the new machine, but emergencies will be processed as single tests, not profiles, according to Commander Kellogg.

He added that the lab staff welcomes inquiries on the functions of the new instrument. Further information may be obtained by calling the lab's Chemistry Section at Ext. 2283.

EDITOR'S NOTE: The boxed insert with this article is printed as a courtesy "clip-out" for those who desire to tape it into their Laboratory Handbook for quick reference.)

Profile Name	Tests	
Survey	1) glucose	7) calcium
	2) BUN	8) inorganic phos
	3) total protein	9) LDH
	4) albumin	10) SGOT
	5) uric acid	11) iron
	6) alkaline phosphatase	12) total bilirubin
Metabolic	1) glucose	4) K+
	2) BUN	5) C1
	3) Na+	6) CO2
Electrolytes	1) Na+	
	2) K+	
	3) C1-	
	4) CO2	
Renal	1) Bun	5) K+
	2) creatinine	6) C1-
	3) unc acid	7) CO2
	4) Na+	
Chemical	1) alkaline phosphatase	4) total protein
	2) SGOT	5) albumin
	3) total bilirubin	6) LDH
Bone	1) calcium	4) total protein
	2) phosphorous	5) LDH
	3) albumin	
Cardiac	1) CPK	
	2) LDH	
	3) SGOT	
Lipid	1) cholesterol	
	2) triglyceride	
Hypertensive Follow-up	1) Na+	7) calcium
	2) K+	8) SGOT
	3) C1-	9) glucose
	4) CO2	10) unc acid
	5) creatinine	11) alk phosphatase
	6) BUN	

Dr. Briska to depart

for Aerospace Institute

Dr. (Captain) Philip T. Briska, Chief of ophthalmology, will be departing the center within the next few days for a new billet at the Naval Aerospace Medical Institute, Pensacola, Fla.

His position at Naval Regional Medical Center Oakland (NRMCO) will be filled by Dr. (Commander) William Peloquin, who is already on the staff.

"I've enjoyed my assignment here," Dr. Briska said. "I think I'm leaving a well-equipped and staffed department." He pointed out with pride two very recent acquisitions... a ceiling-mounted microscope for surgery and an Argon laser photocoagulator for use in the ophthalmology service.

Dr. Briska's wife and four children will accompany him to Florida. The doctor has been assigned to NRMCO for four years.

Comings and goings

"Fair Winds and Following Seas" to the following personnel who recently detached from Naval Regional Medical Center Oakland:

Lieutenant Kerry Ryskamp, Navy Nurse Corps, return to civilian status.

Lieutenant (junior grade) Teresa Ramsey, Navy Nurse Corps, return to civilian status.

Dr. (Captain) Walter W. Karney, to Bethesda.

Lieutenant Diane Fahrman-Quackenbush, Navy Nurse Corps, return to civilian status.

Lieutenant (junior grade) Marilyn Vance, Navy Nurse Corps, return to civilian status.

Lieutenant Catherine Ann Swan, Navy Nurse Corps, to Texas Women's University.

Lieutenant (junior grade) Susan E. Stover, return to civilian status.

Dr. (Lieutenant Commander) W. Littman, Treasure Island Dispensary, to San Diego.

Dr. (Lieutenant Commander) J. Draheim, Internal Medicine, to San Diego.

Nurse Corps Lieutenant Darlene Danko to Long Beach.

Nurse Corps Lieutenant K. Bevan, released from active duty.

DTCS Paul Worland, transferred to Fleet Reserve.

Lieutenant M. Masters from Branch Clinic, Alameda, to San Diego.

Lieutenant Commander E. Brown, Ophthalmology, to Long Beach.

Dr. (Captain) J. David Wallin, Director of Clinical Investigation Center, released from active duty to become Chief of Nephrology, Tulane University College of Medicine at New Orleans.

Dr. (Lieutenant Commander) George H. Simmons, Radiology, to Guam.

Dr. (Commander) Patrick E. Powell, Anesthesiology, released from active duty.

Medical Service Corps Lieutenant Commander Richard N. Gaines, resigned.

Medical Service Corps Lieutenant Thomas R. Hardy, released from active duty.

Nurse Corps Lieutenant Kathy A. Roberts, released from active duty.

Nurse Corps Lieutenant (Junior Grade) Jeanette Long, to University of California, Berkeley.

Dr. (Lieutenant Commander) George H. Heye, Pediatrics, to New London.

Dr. (Lieutenant Commander) Harold L. Kennedy, General Surgery, to Bremerton.

Dr. (Commander) Raymond F. Taylor, General Surgery, to Beaufort.

Dr. (Commander) Hunter H. McKay, Urology, to Bremerton.

Dr. (Commander) Jonathan L. Davis, Endocrinology, to San Diego.

Dr. (Lieutenant Commander) Terrance R. Drake, Endocrinology, to Bethesda.

Nurse Corps Lieutenant Commander Donna S. Hoffman, released from active duty.

Dr. (Captain) Charles L. Brodhead, Surgery, retired.

Dr. (Lieutenant Commander) John P. Navins, OB-GY, to Okinawa.

Nurse Corps Lieutenant Commander Shirley Peters to Okinawa.

(Detached/Reported)

Nurse Corps Lieutenant Deborah L. Scholz, released from active duty.

Nurse Corps Lieutenant (Junior Grade) Caroline B. Yoneda, released from active duty.

Nurse Corps Lieutenant (Junior Grade) M. LeLacheur to Subic Bay.

Dr. (Lieutenant Commander) N. Williams, Pathology, to Okinawa.

And a big "Welcome Aboard" to new arrivals:

Dr. (Lieutenant Commander) Roger E. Vielbig, Cardiology Staff.

Dr. (Lieutenant Commander) Louis A. Bernardi, II, Radiology Resident.

Dr. (Lieutenant) Thomas M. Burkey, Moffett Field Branch Clinic.

Lieutenant Loretta Griffiths, Navy Nurse Corps, reserve active duty training.

Lieutenant (junior grade) Nancy Earle, Navy Nurse Corps, reserve active duty training.

Ensign Gerald Nelson, Clinical Clerk, OB/GYN.

Ensign John Jennette, Clinical Clerk, Medicine.

Dr. (Commander) Bolar R. Rao, Nuclear Medicine Resident.

Dr. (Commander) Don Edward Siegal, Dental Corps Staff.

Dr. (Commander) Joseph Stetz, resident, Alameda Branch Clinic.

Dr. (Lieutenant Commander) William R. Schlichtemeier, Ophthalmology Staff.

Dr. (Lieutenant) Sheldon L. Werner, Anesthesiology Resident.

Lieutenant (junior grade) Donald Belt, Medical Service Corps, Pharmacy.

Lieutenant (junior grade) Joseph LeBlanc, Navy Nurse Corps, staff.

Lieutenant (junior grade) Bonnie Ashcom, Navy Nurse Corps, reserve active duty training.

Ensign Richard Hibbs, Clinical Clerk, OB/GYN.

Dr. (Lieutenant Commander) Anthony F. Carolla, Plastic Surgery.

Dr. (Lieutenant Commander) Dennis L. Anderson, Pathology.

Dr. (Lieutenant Commander) Richard M. Hodosh, Neurosurgery.

Dr. (Lieutenant) James A. Stankiewicz, Eye, Nose and Throat.

Ensign Sandra Peterson, Clinical Clerk, OB/GYN.

Medical Service Corps Lieutenant Karl G. Mendenhall, Radiation Health Officer.

Dr. (Captain) Richard R. O'Reilly, Thoracic Surgery.

Dr. (Commander) Paul Regan, Dental.

Dr. (Lieutenant) Robert Hardage, Radiology Resident

Nurse Corps Lieutenant Clinton Lambert.

Nurse Corps Lieutenant Cheryl Sackett.

Dr. (Lieutenant Commander) Nora Vasques, Branch Clinic, Moffett Field.

Dr. (Lieutenant) Carl Sainten, Internal Medicine Resident.

Dr. (Lieutenant Commander) J. Hamilton Licht, Internal Medicine staff.

Dr. (Lieutenant Commander) Charles M. Johnson, III, Otolaryngology staff.



From the desk of the Command Master Chief

On Aug. 1 we again observed changes in the Navy uniforms for those male personnel in pay grades E-1 through E-4. The reversion to the traditional blue or white jump-style bell bottom uniform was in evidence.

In walking throughout the region, one has a chance to observe both officer and enlisted staff.

I never return to the office without wondering if some members are aware that they represent the Medical Corps and the Navy. Why can't these individuals realize that their dress and grooming should be a reflection of credit upon the Region, Hospital Corps, Medical Corps and the Navy? If nothing else, our uniform should be a matter of personal pride.

Our heritage demands a clean and neat uniform appearance from all Naval personnel. Each of us should make a special effort and strive to present the appearance expected by the public from a representative of the United States government.

I ask each uniformed member of our region to each day, as you prepare for the day's duties, make a self-inspection and decide if you represent a Navy professional of a military service with over 200 years of heritage.

It's not only **WHAT** you wear but **HOW** you wear it!

HMCM Steve Brown, Command Master Chief

Kudos.

The following personnel have been cited for superior performance:

Letters of Commendation

Dr. (Lieutenant Commander) Michael Hanst, now detached, formerly with Dental Service.

HM1 Sandra F. Marino, Lab School.

HM2 Donald Sims, Physical Therapy.

Letter of Appreciation

HM3 Wanda Wagner, now detached, formerly with Psychiatry.

Household products

Safety advises eye protection

The Naval Regional Medical Center Oakland Safety Office recommends that eye protection be worn while handling, whether in home or on the job, either the liquid cleanser "Janitor In A Drum" or laundry soil and stain remover "Spray 'n Wash" (non-aerosol).

Both products must soon display warning labels advising consumers to avoid getting the chemicals in their eyes.

The added warnings are a result of the Federal Government's complaint against the manufacturer, Morton-Norwich Products. It was filled in behalf of the Consumer Product Safety Commission because the two products caused eye

damage or irritation in laboratory rabbits used to test compliance of consumer products with the Federal Hazardous Substances Act. The Act requires products causing eye irritation or damage to be labeled accordingly, along with first-aid instructions to tell consumers how to avoid possible harm.

First-aid for eye contact with either product consists of flushing the eyes with water for 15 minutes. In the case of "Janitor In A Drum," also get medical attention, and with "Spray 'n Wash," seek medical attention if the irritation persists after the flushing.



First SIU grads to get degrees

By Ensign R.L. Bloomquist
Educational Services Officer

Southern Illinois University (SIU), which has been in operation at Naval Regional Medical Center Oakland (NRMCO) for 15 months, is having its first graduates receive degrees this month, with another class to follow next February.

SIU at Carbondale currently ranks among the top 20 in the nation's major universities. The School of Technical Career (STC) has an outstanding national reputation for its unique concepts of career and technical education. STC offers a complete on-base degree program here for corpsmen and women, nurses and Medical Service Corps officers. The bachelor of science degree provides an excellent background for military personnel in the health care field, both in the service and upon completion of military commitments.

The program allows students to receive credit for work experience and for study related to the health care field. Credit will also be transferred to this degree program from most military schools and colleges. On-the-job internship is also available for students, allowing them to earn credit towards their degrees.

As well as convenient class location in Building 75-A Education and Training, the course work is geared to military schedules, with class sessions every other weekend. Degree completion in 16 months is possible. Teachers of these specialized courses are members of the SIU at Carbondale faculty, including Mr. Mike Manning, NRMCO Base Representative and Area Coordinator. As an Associate Professor with the University, he has taught several of the upper-level technical courses, both here and at the San Diego campus. Upper-level courses in the program include Legal Aspects of Health Care, Health Care Management, and Fiscal Aspects of Health Facilities.

Entry into this program is non-restrictive to active duty personnel and tuition assistance is available through the Veterans Administration and Tuition Aid programs. Applications will be accepted up until Aug. 18 for the Fall Semester.

Personnel interested in obtaining more information concerning this outstanding educational program may contact Mr. Mike Manning or Ms. Jan Bloomquist, Education and Training Building 75-A, phone (415) 562-8767, between 9 a.m. and 5 p.m.

Appointments available with Dr. Parkos, UNC

Dr. William Parkos, academic advisor from the University of Northern Colorado, will be here at Naval Regional Medical Center Oakland on Friday, Aug. 18, for counseling sessions with any interested personnel.

For an appointment, please call Ms. Meredith Ditmore during the week at 391-1079, or Ext. 2237 on Thursday mornings.

Officers promoted

The following regional officers were among those promoted last month:

To Lieutenant Commander

Harold K. Agner, II (MC)
Stephen A. Baez (MC)
Anthony F. Carolla (MC)
James B. Florey (MC)
David M. Kerr (MC)
Gordon D. McCamley (MC)
Michael P. Mullen (MC)
Alicia G. DePrima (NC)
David E. Figgins (NC)
Donna S. Hoffman (NC)

To Lieutenant

Richard L. LaFontaine (MSC)
Arlinda J. Befort (NC)
Diane E. Fahrman-Quackenbush (NC)
Janette Frahm (NC)
Barbara Glass (NC)
Ruth K. Hosakawa (NC)
Jeanette L. Long (NC)
Elizabeth G. Mercker (NC)
Kathy A. Roberts (NC)
Kerry L. Ryskamp (NC)
Deborah L. Scholz (NC)
Diana K. Smith (NC)
Kathryn L. Uhler (NC)
Barry Mathis (DC)

To CWO-2

Edward E. Hogg (PA)
Herbert A. Johnson, Jr. (PA)
(Branch Clinic, Mare Island)

Oops!

Last issue we reported the promotion of a Nurse Corps officer to Lieutenant Commander, one rank below the actual promotion.

As if that wasn't enough, we unintentionally gave her a masculine first name!

With the hope that all nurses are kind, forgiving souls, we apologize and extend congratulations to COMMANDER FRANCES C. MCKOWN!



WRAPPING IT UP—Mr. Irvine Coombs, shown receiving the appreciation and congratulations of Dr. (Captain) V. M. Holm, has retired from some 37-plus years of employment at Oak Knoll. A vehicle operator who made emergency supply pickups, Mr. Coombs was an outstanding and reliable worker, according to a supervisor. The long-time employee was assigned both to Transportation and Supply during his tenure here.

Faire discounts available here

Discounts of about a dollar each are available in Special Services on tickets for the 12th Annual Renaissance Pleasure Faire, the weekends of Aug. 19, Sept. 24 and Labor Day, 9 a.m. to 6 p.m.

The annual popular event is held in the Blackpoint Forest at Novato. It features more than a thousand entertainers bringing a Renaissance village to life. "Discover revelry of a bygone era," the ad reads, "with hearty food and drink, hand-crafted wares, continuous parades and entertainment 'til sunset."

All star bouts slated Aug. 16

Amateur boxing makes its debut in the ring at the Concord Pavilion with the Northern California All Star Invitational Boxing Tournament on Wednesday, Aug. 16.

The 7:30 p.m. card will feature the top 11 amateur fighters in Northern California facing off against the best from Southern California.

Various branches of the military will be represented with bouts featuring Elmer Martin (Mare Island), the 1978 Interservice and National AAU Light Heavyweight Champion; Lawrence Howie (Ft. Ord), a Bantam Weight contender in the finals of the All Army Trials; and, Rick Johnson (Mather AFB), a member of the 1978 USAF Boxing Team and participant in both Interservice and National AAU Tournaments.

The complete card will also include an appearance by Mike Gans. The 250 lb., 6'5" Northern California Golden Gloves Heavyweight Champ will be defending his 30-0 record while looking for his 16th knockout.

Discount tickets are available from Special Services. For more information, call Sally, Ext. 2479.

Opportunity to learn waterskiing offered

The Central Young Men's Christian Association Adult Activity Program is offering a weekend of waterskiing at Lake Berryessa on Aug. 26-27. Beginners are welcome.

For more information call (415) 885-0460.



Football season begins Sept. 4

The 1978 Intramural Flag Football League is scheduled to begin here the week of Sept. 4.

Contact Mr. Ron Brown, Ext. 479 for further information. Entry forms are available at Special Services, Building 38.

Congratulations to 'Rebels'

(See story, page 1)

Grand opening slated Aug. 25

Work is nearing completion on the newly-renovated and expanded main exchange at Naval Regional Medical Center Oakland.

Mr. Earl Johnson, Acting Activity Exchange Manager, reports that a grand opening is scheduled for 10 a.m., Aug. 25, and the store will feature many specials in honor of the event.

Reservations due for riverboat trip

Reservations are closing and all fares must be paid in full by Aug. 25 for the Sacramento River Delta Trip on Sept. 23.

The boat will depart from Pier 43½ at Fisherman's Wharf in San Francisco at 9 a.m. on that Saturday and wend its way to Sacramento through the Delta, affording an opportunity to see sights that cannot be seen from roadways.

Once in Sacramento, passengers will have two hours to explore, shop or dine in the historic "Old Sacramento." A deluxe, air-conditioned bus will return the group to Fisherman's Wharf, arriving about 8 p.m. Parking is available at Sheraton Fisherman's Wharf Hotel, corner of Beach and Mason, for \$2.50, 24 hours.



Special Services will provide a banjo player for entertainment while the ship is cruising up the river and sandwiches and drinks may be purchased on board. A spokesman suggested participants bring a picnic lunch and a kite (which may be purchased with your ticket) and fly it off the stern.

Cost for the entire trip, including bus fares and boat, is \$23.25 per person. Call Ext. 2479 for reservations.

Little acorns...

The Naval Regional Medical Center Oakland "family" recently gained eight more members, born here. They are:

A boy to Dr. (Lieutenant Commander) and Mrs. Marvin I. Dodek of Alameda Branch Dispensary, June 21.

A boy to HM1 and Mrs. Craig Lashmet on June 23. HM1 Lashmet on temporary active duty with the Mare Island Branch Clinic.

A girl to HA and Mrs. Tracy R. Hanson, Operating Room Technician School, July 14.

A boy to Dr. (Lieutenant) and Mrs. William T. Meshier, Anesthesiology, July 17.

A boy to HM2 and Mrs. Edgar C. Caburian, Military Personnel, July 19.

A boy to Dr. (Lieutenant Commander) and Mrs. Edwin Willgress, Pediatrics, July 21.

A boy to Dr. (Lieutenant) and Mrs. Thomas J. Allred, Pathology, July 26.

A boy to Dr. (Lieutenant Commander) and Mrs. George H. Heye, Pediatrics, July 28.

MOVIES

Movies are shown at Naval Regional Medical Center Oakland, Bldg. 500, Clinical Assembly. Please note the

time change in movie showings. Monday through Friday the pictures will start at 5 p.m.; Saturday and Sunday, 2 p.m.

Friday, August 11, 5 p.m.

GET CHARLIE TULLY—Dick Emery, Derren Nesbitt—Comedy, PG

Two London con men fleece a wealthy Italian by making him believe his son will be able to wed Princess Anne for 500,000 pounds in negotiable bonds. One of the con men puts the bonds in a Swiss bank but is killed before he can relay the account numbers to his partner. His partner finds out that the dead man very cleverly had parts of the account numbers tattooed on the rear ends of his girl friends. He has to figure some way to photograph that part of their anatomy. A very funny movie!

Saturday, August 12
2 p.m.

HERBIE RIDES AGAIN—Helen Hayes, Ken Berry—Comedy, G

Number 53 designated a 1963 Volkswagen named Herbie, a car with a mind of its own, and a sequel to the "Love Bug." A builder is destroying San Francisco's landmarks with his skyscrapers. He is confronted by Herbie, a car with magical powers.

3:36 p.m.

A BRIDGE TOO FAR—Dirk Bogard, Sean Connery—War Drama, PG

The Allies choose Field Marshall Montgomery's plan to invade Germany by way of Holland. This film depicts one of the largest, and most costly in the way of human life, assaults in the history of WWII. The attack on one bridge proved to be a big mistake and the Allies are forced to withdraw. Excellent acting!

Sunday, August 13, 2 p.m.

CRY FOR ME BILLY—Cliff Potts, Xochitl—Drama, R

Billy, a former gunslinger, falls for a young Indian girl. The Indians are massacred and soldiers rape the girl. She kills herself in shame, and Billy sets out for revenge.

Monday, August 14, 5 p.m.

HERBIE GOES TO MONTE CARLO—Dean Jones, Don Knotts—Comedy, G

Racing driver Jones attempts a comeback after 12 years by entering his Volkswagen Herbie in a Paris-to-Monte Carlo race and is accompanied by mechanic Don Knotts. Lots of action when they mix with diamond thieves, race rivals, and Herbie falls in love with another car.

Tuesday, August 15, 5 p.m.

CLOSE ENCOUNTERS OF THE THIRD KIND—Francois Truffaut, Richard Dreyfuss—Science Fiction, PG

Two people, after sighting UFOs, receive telepathic visions of a mountain, an invitation to them to an "Encounter of the Third Kind" a secret meeting with creatures from outer space.

Wednesday, August 16, 5 p.m.

HIGH ANXIETY—Mel Brooks, Cloris Leachman—Comedy, PG

Doctor Mel Brooks suffers from high anxiety. He takes over as head of the Psycho-Neurotic Institute for the very, very nervous. He triumphs over a conspiracy between the head nurse and resident psychiatrist. Funny, funny!

Thursday, August 17, 5 p.m.

SISTER STREETFIGHTER—Sonny Chiba, Sue Shiomi—Drama, R

Li Hunglung goes to Tokyo to look for her missing brother. When she locates the gang responsible for her brother's disappearance, she is captured and thrown off a cliff. However, she survives all this and being an expert in karate, goes back to the gang's hideout and mops them up.

Friday, August 18, 5 p.m.

FIVE DAYS FROM HOME—George Peppard, Neville Brand—Action, PG

A week before Christmas Pryor (Peppard) escapes from a Louisiana prison. Pryor, a former police officer, was convicted of killing his wife's lover. With only six days left on his sentence before he is paroled, he learns that his nine-year-old son has been critically injured in an auto accident in which his ex-wife was killed. When he appeals for an early release to go to the boy's side, it is denied and his only alternative is escape.

Saturday, August 19

2 p.m.

ONE OF OUR DINOSAURS IS MISSING—Helen Hayes, Peter Ustinov—Comedy, G

A secret microdot hidden on a dinosaur in the British Museum is pursued by bumbling secret agents, Chinese spies, English nannies and Scotland Yard.

3:34 p.m.

THE CHICKEN CHRONICLES—Phil Silvers, Liston, Reeves—Comedy, PG

A Beverly Hills High School student looks forward with anxiety to both graduation and making love to his girl friend. He works at Chick On the Run for Phil Silvers, who lusts after females and browbeats his young employees.

Sunday, August 20, 2 p.m.

EXORCIST II—Richard Burton, Linda Blair—Horror Drama, R

The continued story of the girl possessed by the Devil. A priest and psychiatrist try to get her to relive the first haunting exorcism to purge it from her mind.

Monday, August 21, 5 p.m.

THE LITTLE GIRL WHO LIVED DOWN THE LANE—John Foster—Drama, R

I don't think you would like to have this little girl living next door to you! Strange and bad things happen to those who try to get close to her.

Tuesday, August 22, 5 p.m.

SATURDAY NIGHT FEVER—John Travolta, Karen Lynn Gorney—Musical Drama, R

John Travolta, 19, contends with a menial job in a paint store and constant harassment from his parents. On Saturday nights when he dances with Karen at the 2001 Odyssey Disco does he become his own boss and king of the disco scene?

Wednesday, August 23, 5 p.m.

THE TURNING POINT—Anne Bancroft, Shirley Maclaine—Dance, PG

This is an exceptional film. The sensitivity in direction and interpretation is enchanting and the dancing by some of the greatest dancers in the world would have been enough to win awards. The color photography is a work of art.

Thursday, August 24, 5 p.m.

FM—Michael Brandon, Eileen Brennan—Rock Comedy, PG

QSKY, an FM station, becomes the No. 1 station through the efforts of its manager (Brandon). He quits working for the station and is ordered to broadcast ads in conflict with his listening interests, but his fans rally to support him. The soundtrack consists of the most outstanding rock groups of 1977.

'Navy can do the job'—CNO

Admiral Thomas B. Hayward, Chief of Naval Operations (CNO), very recently told a group of local newsmen that the U.S. Navy today looks good and can take on any task confronting it. "It can do the job," he said.

The highest-ranking Naval officer spoke at a press conference attended by the OAK LEAF Editor and others in the Operations Building at Alameda Naval Air Station on Aug. 11.

Since assuming the top billet July 1, Admiral Hayward has visited the major Naval Commands on both the East and West Coasts, speaking to all flag officers, commanding officers, and representative groups of petty officers and wives.

People priority

He reported that fleet capability is improving steadily and the ship-building program is coming along well. "My highest priority right now is in manning that fleet with quality people," he emphasized.

(Continued to page 8)



Admiral Thomas B. Hayward

NRMCO, Lemoore win JCAH approval

Naval Regional Medical Center Oakland and the region's Naval Hospital Lemoore have been reaccredited for two years by the Joint Commission on Accreditation of Hospitals (JCAH).

Of all the medical regions in the Navy only one other, Charleston Naval Regional Medical Center and its satellite, the Naval Hospital Beaufort, has earned the honor.

THE OAK LEAF

Naval Regional Medical Center, Oakland

Vol. 40 No. 16

Friday, August 25, 1978

'New' exchange opens today

At 10 o'clock this morning, Rear Admiral Walter M. Morgan, Commanding Officer, Naval Regional Medical Center Oakland, will snip a ribbon officially opening the newly renovated main Navy Exchange in Building 38.



The store is now more attractive to the eye, plus providing better accessibility to more conveniently displayed merchandise. A wide aisle in the middle improves the traffic flow, thus saving shopping time, an official noted.

Expanded lines of merchandise will be featured and the exchange will have a centralized courtesy desk to handle refunds, layaways and complaints.

As grand opening specials, the store will spotlight low price sales on such items as men's, ladies' and children's apparel, stereo units, pocket transistor radios, and numerous household goods.

Prizes offered today as part of the celebration include a stereo unit, portable radio, \$50 gift certificate for clothing, a large houseplant, and an attractive crystal set. Drawings will start at 11:30 a.m. and be repeated every hour (on the half-hour) until 3:30 p.m.

Free refreshments, to include cake or doughnuts and coffee, will be offered customers.

Mr. Earl Johnston, Acting Activity Exchange Manager, cordially invites all eligible patrons to the event.

R & D head here

Dr. (Captain) J.D. Bloom, Commanding Officer, Naval Medical Research and Development Command, National Naval Medical Center Bethesda, will visit Naval Regional Medical Center Oakland today.

At 1 p.m. in Clinical Assembly, Dr. Bloom will address Chiefs of Service and others on sponsored research projects and facilities.

HAPPY AT WORK—Clayton R. Ballou, a carpenter at NRMCO, is 70 and firmly believes that "staying active is the sure formula to a long life." His work-a-day assignments range from building walls, repair or replacing doors, painting windows to restoring furniture. (Story, page 8)

SNAKES

... aren't always



in
the
grass

(Editor's Note: The following editorial, courtesy of American Forces Press Service, is considered timely in California during the month of August, when "old-timers" say the rattlesnake goes blind as he sheds his skin and strikes indiscriminately, often without warning. Just one day last week, a snake, believed to be of a harmless variety, was seen slithering into the bushes near the front entrance of the hospital. That many more, perhaps some not so harmless, are hiding in the tall grass on the center grounds, is possible.)

The proverbial snake isn't always in the grass.

In fact, snakes often infest gopher holes, rocky ledges, old wood and rock piles, abandoned buildings or scores of other habitats.

During the summer and early autumn season there is increased potential for poisonous snakebites, and the Red Cross

is providing new advice on first aid for snakebites, based on a report prepared for the Red Cross by the National Academy of Sciences National Research Council.

Here are some examples of the changes based on new research:

- Cold therapy, i.e., cold compresses, ice, spray refrigerants, etc., is **NO LONGER RECOMMENDED** to be used on the bite area.

- Aspirin should **NOT** be taken to relieve snakebite pain because it could adversely affect blood clotting. Non-aspirin pain reliever, however, can be given.

- Cross-cut incisions, for example, should **NOT** be made. Single incisions should be made along the long axis of the limb muscle.

The best first aid is, of course prevention. To help reduce the chances of being bitten, follow these steps:

- Avoid known snake-infested areas or common habitats.

- If necessary to enter such areas,

wear protective clothing (e.g., mid-calf boots, long trousers, and mid-foot gloves) Do not roam alone, and try to advance warning of your presence by prodding ground with stick or by making noise. Never try to surprise or corner a snake.

- Do not reach blindly into gopher holes or onto rocky ledges or disturbed wood or rock piles.

- Know in advance where medical help can be located and how to reach it when traveling in snake-infested or other sensitive areas.

- Have a snakebite kit available. It should contain a constricting band, a scalpel or knife blade, and suction cups. Do not use a medicine for relief of pain. Do not use aspirin.

The Red Cross encourages people to contact their community Red Cross chapters for a copy of the leaflet "First Aid for Snakebite," and to inquire about free first aid courses sponsored by the Red Cross (AFPS).

Advisory Board wants to hear

The Enlisted Advisory Board needs ideas!!!

If you have any suggestions or complaints, this is your chance to be heard! Gripe to them if you feel that way—brainstorm with them for answers—or, if you are an enlisted E-1 through E-9, just come to a meeting, sit as the silent majority, and send out vibrations! The Enlisted Advisory Board wants to make this base a better place for you to live and work.

Meetings are announced in the Plan of the Day. The next meeting is Wednesday, Oct. 18 at 1 p.m. in the Commanding Officer's Conference Room.

New members are always welcome. Come and see what your Advisory Board is trying to do for you.

If you cannot make it but still have ideas, submit them to one of the following members:

Senior Advisor HMCM Steve Brown (Command Master Chief)	Ext. 2358
President HMCS Jim Cordiero (Enlisted NS Detailer)	Ext. 2523
Vice President HM2 Lee Brooks (Emergency Room)	Ext. 2075
Secretary HM3 Tom Connell (Ed and Training 75A)	Ext. 2237

Members:	
HMC John Chetister (Career Counselor)	Ext. 2027
HMC Dale Frazier (Preventive Med. Svc.)	Ext. 2584
MS1 Amado Mateo (BEQ MAA)	Ext. 3078
HM2 Ed Caburian (Advancement Desk)	Ext. 2027
HM2 Richard Fenton (PT OT)	Ext. 2271
HM3 Tom Kirwan (N. P. Svc. PM MAA)	Ext. 2311
HM3 Terry Mazerolle (Hemodialysis)	Ext. 2471
HM3 Debra Laxton (Inhalation Therapy)	Ext. 2234
HN Kate Pussehl (Neuropsychiatric Svc.)	Ext. 2396

What does Proposition 13 mean to Federal employees?

Editorial

On June 6, Californians voted to reduce their property taxes by some 60 percent, almost \$7 billion, which translates into a 22 percent cut in state and local revenues.

Fifteen states are considering or have already adapted similar proposals.

Political candidates, seeking election this fall, immediately picked up the "taxpayers' revolt" as their own campaign issue, and newspapers around the country pointed out, in editorials and news articles, that citizens are "fed up with high taxes and poor government service."

Within two weeks, however, a poll found that while 62 percent of Americans favor drastic cuts in local property taxes, even more people oppose such a cut if it would mean a big cut in services. But, the survey report added, the California vote was "a strong protest that people running government will

have to respond by trimming a lot of waste from government spending."

What does this mean to Federal employees?

First, we should constantly keep in mind who pays our salaries, and try to provide the best possible service—whether it be the personal face-to-face service some of us render, or the best possible procedures, flow of work, and good management for those behind the scenes.

The public tends to take good service for granted. It remembers poor service for a long time. A few Federal employees doing a poor job can make all of us look bad. Managers, supervisors, or on-the-line workers, it's our job to make sure that the public gets the best possible service. We are all personally accountable. (U. S. CIVIL SERVICE COMMISSION)

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

RADM W.M. Lonergan, MC, USN, Commanding Officer
CAPT Victor M. Holm, MC, USN, Director of Clinical Services
CAPT Hubert H. Sowers, MSC, USN, Director of Administrative Services

LCDR Charles R. DeKrey, MSC, USN, Assistant Director of Administrative Services, Public Affairs Officer
Editor: Betty Beck
Photography: HMC Steve Spring, HM3 Tracy Shaffer

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Sept. 6 collection

all:-a time to store blood

the end of the Labor Day holiday and, it is traditional for kids to go to school, Mom to fill the larder with preserves, Dad to tune the set to football, folks to store away nuts, and woodworkers to bury acorns—all in anticipation of the coming winter.

Sept. 6 (the Wednesday after Labor Day), there'll be a different but well-known type of preparation here—that of storing up credits for the center's blood bank, as past records show that the center's hazardous driving conditions have steadily dwindle blood reserves.

Lieutenant Commander John R. Lindberg of the Laboratory staff said that although the need for blood goes on year-round, the supply of donors dips in the summer, when vacations and other personal priorities take over.

Lindberg explained that Oak Knoll has an extremely beneficial association with Irwin Memorial, which processes the whole blood and issues credits to Naval Regional Medical Center Oakland (NRMCO). The commander added that it is also a service to the community, because under this program, NRMCO provides the needed credit to the military population without burdening civilian resources.



A CERTIFICATE—Mr. Matthew Riley, Safety Manager for the Navy, has been awarded a National Protection Association certificate of successful completion of a life safety code training program. Mr. Riley, who has been with NRMCO for three years, has 36 years' federal service, including duty as Safety Officer at both the Island Naval Shipyard and the Naval Weapons Station. He served two years as Chairman of the San Francisco Bay Area Federal Safety and Health Council, where he is now chairman of its executive committee. Mr. Riley is also a member of the Navy and Safety Association and the National Safety Management Society. He has completed nearly a dozen supervisory, environmental and safety management courses and says his career goal has always been "to eliminate hazards in the work place."

About 300 to 350 credits (equivalent to that many donors) are required by patients of NRMCO each month, and because of this continuing need, blood drives and collections are held quarterly.

Many personnel of this hospital are repeat donors and have given several pints each. Conversely, there are many military, dependents and civilian employees physically able to give, but for one reason or another, never got to it.

For the latter group, an explanation of the process is in order.

The donating day (Sept. 6) runs from 7:45 a.m. to 4 p.m., in Building 500 on the fifth deck north. Appointments are suggested and may be made by calling the Lab at Ext. 2283, beginning Aug. 31.

Anyone affiliated with NRMCO is invited to give. Blood Bank personnel will take blood pressures and counts from prospective donors and ask a few medical history questions. Those considered fit will soon be on the table watching their blood trickle into a plastic bag, knowing that they may be giving life to a fellow human.

The needles are sharp, there's free juice, coffee and doughnuts after, and the whole thing takes little more than 15 minutes.

As one wag put it, "It's one of the few times in life when you can legally lie down on the job."



"DOESN'T HURT A BIT"—The big grin on Lieutenant Thomas J. Janoski's face belies the old tale that donating blood is painful. Photo of the Preventive Medicine Technician School officer was taken during the last blood collection at NRMCO. You can take your turn on the table Sept. 6.

(Photo by LCDR John R. Lindberg)

NRMCO wins ACS approval

It has been announced that Naval Regional Medical Center Oakland (NRMCO) has won the American College of Surgeons' three-year Certificate of Approval for cancer programs.

Only one other similar facility, a civilian hospital, was selected to receive the coveted award in the East Bay Area.

The certificate, received here last week, reads:

"The cancer program of Naval Regional Medical Center, Oakland, California, was surveyed and approved by the commission on cancer for the period 1978-81."

NRMCO has been recognized by the same group for many years, but this is the first time a formal certificate has been issued.

Criteria for selection included overall excellence in all aspects of cancer patient care, including treatment results, follow-up care, cancer care audits, and completeness of records.

NRMCO is capable of offering a wide range of services, including radio-therapy, chemotherapy, and general and specialty surgery, to patients with cancer of all types.

The Center participates in the University of Pittsburgh's National Surgical Adjuvant Breast Project, and Northern California Oncology Group cancer protocol programs.

A Tumor Board meets here weekly and a Cancer Control Committee is convened quarterly. The membership of both bodies

is composed of specialists in surgery, obstetrics and gynecology, pathology, medicine, radiation therapy, otolaryngology, pharmacy, psychiatric social work, etc. The goal of each is to render the best possible care to cancer patients.

Statistical records reveal that NRMCO treats an average of 300 new cancer patients per year. Tumor Board registry files maintain records on some 6,000 persons.

PWC command change

A unique Bay area Navy command, the Navy Public Works Center (PWC), San Francisco Bay, is scheduled to change hands Aug. 31. Captain Norman W. Petersen is named as the prospective Commanding Officer. He is scheduled to relieve Captain Malcom T. Mooney who ends 26 years' active duty with the Navy Civil Engineer Corps.

A change of command and retirement ceremony is scheduled at PWC Headquarters, Bldg. 796, Oakland Army Base, on Aug. 31 at 10 a.m.

Captain Petersen's new responsibilities as head of the PWC Team of 1,100 Navy civilian employees and 10 Navy Civil Engineer Corps officers is that of providing public works type logistic support service required of 200 multi-service military activities located in the San Francisco Bay area.

Accident victim

Sherry Slate says 'NRMCO best

By Betty Beck



A PERFECT FIT—Phil Harkov, Supervisor of the Navy Prosthetic Research Lab at NRMCO fits Mrs. Sherry Slate with a prosthesis during her recent visit here from Virginia Beach, Va.

The pretty and spunky little patient has gone home now with her husband and kiddies in Virginia Beach, Va., leaving a lot of new-found friends and some very kind words about the Regional Medical Center Oakland.

In a letter to Rear Admiral Walter M. Lonergan, Commanding Officer, Mrs. Sherry A. Slate had this to say:

"I have spent 2½ weeks here having orthopedic evaluation and getting a new prosthesis made. Everyone has been so kind and friendly to me and I'd like to express my appreciation. When I talk to people they ask where I came all the way from Virginia. Upon explaining this is the best hospital for this type of work, they are amazed. A large percentage of your hospital employees and visitors do not realize what a great orthopedic and prosthetic center this is. I have had experience with many centers and have found none to compare to yours."

By chance, I met this Southern charmer in the dining room one day and as we lunched and chatted together, her story unfolded.

Five years ago in the Carolinas she was riding a lawnmower cutting her parents' large lawn. The machine hit a hole, she turned, and as the fragile blonde lay there helplessly pinned the weight of the heavy mower, its blades chopped off her right foot.

Five operations have ensued and in January the final operation for fusion was completed, using entirely new procedures. She explained she had used other military and civilian medical facilities, "but," she said, "none can compare to this hospital, which has the BEST orthopedic and prosthetic department EVER in the United States," and I could tell by the way her eyes sparkled, this lady meant every word of it.

She had praise for the whole center, which she first visited two years ago from Japan, but mentioned specifically (Lieutenant Commander) Richard L. Florio and civilian Phil Harkov, Supervisor of the Navy Prosthetic Research Lab. She said the latter made her a custom-made prosthesis "clear to the knee, in about three days!"

Mrs. Slate is the wife of Marine Corps Major James S. Slate who retired May 1 after 26 years' service. He is now a technical representative for industry and the family just might visit Iran for awhile, she told me with enthusiasm.

As we talked, we were regularly interrupted by other people walking by with their trays. "Hi, Sherry"... "How 'ya do, Sherry?"... the greetings came from hospital corpsmen, civilian employees, and even a member of the Security Force. During her two-and-a-half week stay at the lodge, the little lady made a lot of new friends, and it wasn't hard to see why.

"You all come back and see us, Sherry, ya hear!" We said you for your grit... your vivacious personality... your compassion... and, for those kind words you said about us.

Flammable hazards seminar subject here

Nearly 60 persons are expected to attend a one-day seminar on hazards and safeguards of flammable liquids at Oak Knoll's Officers' Club Sept. 8 at 8 a.m.

Mr. Leonard C. Clements, seminar speaker, is one of the nation's best known fire safety authorities. He is Fire Protection Engineer for General Atomic Company in San Diego.

The seminar applies not only to flammable liquids, but covers the chemistry of the burning concept, thus knowledge gained can be applied to anything that burns, a spokesman said.

The program, presented at a cost of \$60 each attendee last year in Oakland, is open free of charge to any Naval Regional Medical Center Oakland personnel interested in hazard control. Luncheon will cost \$5, and those interested in attending should contact Mr. Matthew W. Riley, Region Safety Office, at Ext. 2384.

The event is sponsored by the San Francisco Bay Area Field, Federal Safety and Health Council, and members of the Golden Gate Chapter of the National Safety Management Society have also been invited to attend.

Mr. Riley, Chairman of the sponsoring council's executive committee, said representation is expected from Muir Woods National Monument, Internal Revenue Service, Naval Supply Center, Mare Island Naval Shipyard, National Park Service, State Compensation Insurance Fund, U.S. Postal Service, U.S. Department of Agriculture, General Services Administration and the Department of Labor, among others.

Chapel Schedule

All staff, patients and visitors are welcome to come to any of the following services scheduled in the Chapel of Hope on the third floor, Building 500. The chapel is open and available at all hours for personal use when services are not being held.

CATHOLIC MASS

Sundays 8:30 a.m.; 12 noon
Weekdays 12 noon

PROTESTANT WORSHIP

Sundays 10:30 a.m.
Mid-week devotions (Monday thru Friday) 12:30 p.m.



6 enlisted advanced in July

The following enlisted personnel were
anced to rate indicated last month:

A
Patrick Aromando, HM3
Richard Jo Asal, HM3

B
Kathy Bairefoot, HM2
Jennifer Baker, HM3
D. Basco, HM3
R. Batalla, BT2
Wendell E. Bell, HM2
Michael Benedict, HM3
Jeffrey A. Benne, HM1
Ronald Blackburn, HM3
Jerry M. Blair, HM2
Deborah Boulanger, DT3
Russell Bright, HM3
William Brooks, HM2

C
Nemesi Cayabyab, HM3
M. Charlesworth, HM2
Don Christensen, HM3
Thomas Connell, HM3.
Ronald Corbell, HM1
Dana Sue Cort, HM3
J. Craig, HM1

D
J. David, HM3
G. DeGraw, HM2
Michael Detienne, HM2
David Detreville, HM3
K. Dodson, HM3
John C. Dores, HM3
David R. Durham, HM3

E
Roger D. Ealy, HM3
Jimmy Echeverri, HM3
John D. Enriques, HM2
L. Escobedo, HM3
Katherine Estrada, HM2
Marcus Estrada, HM3

F
Denise Flowers, HM3
Richard Fulkerson, HM3

G
Carlos Gabaldon, HM3
D. Graves, HM2
Joan E. Gross, HM3

H
Dennis E. Harris, HM3
Gregory Hightower, HM3
Ralph F. Hints, HM3
Cynthia Horvath, HM3

I
Eliseo Irasusta, DT2

J
Michael Jachimczyk, HM3
Dennis Joaquin, HM3
Patrick J. Joyce, HM3

K
J. Keith, HM3
G. King, HM3
Randall L. Kool, HM3
Karen M. Kreiss, HM3

L
Gregory Lanier, HM3
Leo D. Lantican, HM3
Douglas Lawson, HM3
J. Lewis, HM3
Michael Lindley, HM3

M
Kevin Magnusson, HM2
Stacy L. Manroe, HM3
Mark S. Marquis, HM3
Michael McClure, HM3
Matthew McGahan, HM2
John J. McHale, HM2
George McNamee, HM3
Steven T. Mowery, HM3
F. Munoz, HM3

N
Philip S. Nixon, HM3

O
Nelson Ordonio, HM3

P
Penny L. Parsons, HM3
M. Paterson, HM3
Jean A. Pigford, HM3

Q
Harry Quinones, HM3
V. Quiroz, HM3

R
S. Read, HM3
Joyce L. Reed, HM3
Stedman Rounds, HM3
David W. Rowen, HM3
Rhonda R. Roy, HM3

S
Robin Schieding, HM3
K. Schiermann, HM3
William Schrader, HM3
Kelly L. Shaer, HM2
Timothy Shamrell, HM3
Michael C. Shirk, HM3
D. Stahl, HM3
S. Stemerick, HM3
Alan R. Stoltz, HM3
Avelino Suarez, HM3

T
William Thomas, HM1
Toni C. Trull, HM3

V
Richard Verdugo, HM3

W
D. Walker, HM3
Cynthia Webster, HM3
Steven Williams, HM3
Jack A. Wilson, HM3
Joanne M. Wilson, HM3
Steven M. Wolf, HM3

McKean departs; Grisius takes job

Dr. (Captain) Thomas W. McKean, Chief of Dental Services at the center for years, left the area last week enroute a new billet as Commanding Officer, Naval Regional Dental Center, Pensacola,

Dr. (Captain) Richard Grisius, who has been at Naval Regional Medical Center for the past two years, assumes the position of Chief of Dental Services. In parting remarks, Dr. McKean said, "It has been a real pleasure working at NRMCO. I appreciate all the help rendered by the staff and supporting personnel."

Dr. McKean was commissioned in the Naval Reserve in 1949 while attending Indiana University and was brought on active duty as an Ensign during his senior year in dental school.

He received his first year of postgraduate training at National Naval Medical Center Bethesda, following dental assignments at Great Lakes (Ill.) Naval Training Center, aboard the USS RANDALL, at U.S.

Naval Academy Annapolis, and with FASRON III in Bermuda.

After his year of training at Bethesda, he spent a year in Boston, then two more years of oral surgery residency in Naval Hospital, Great Lakes. From August 1966 until July 1968 he was the dental officer on the USS AMERICA. He was then sent to the Naval Hospital, Orlando, Fla. as Chief of Oral Surgery for two years. In 1970 he went to the Naval Regional Medical Center Great Lakes as Chairman, Department of Dentistry until assignment to Oakland in July 1974.

Certified by the American Board of Oral Surgery, Dr. McKean is a fellow or member of at least a dozen professional societies and associations. He has authored numerous technical papers and lectured at many universities and group symposiums.

Accompanying Dr. McKean to his new assignment will be his wife Marilyn, and daughter Dana. The couple also has two grown sons.

Last Ryerson leaves Navy

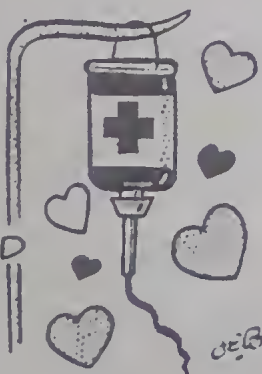
HM2 Cindy A. Ryerson was the last half of the husband-wife team assigned to NRMCO's Security to depart when she recently elected to return to civilian status. Earlier her husband, HMC Michael T. Ryerson left to attend Independent Duty School in San Diego.

Cindy, however, will still be around the center as she's taken a job with the on-base branch of the Alameda Coast Guard Federal Credit Union.

The couple made news last April when they were both advanced in rate on the same day. Chief Ryerson had been assigned to Security Investigations and his wife was a discipline petty officer.

Rhymes of the Times

BLOOD IS
A GIFT
STRAIGHT
FROM THE
HEART
SO WHEN
YOU'RE ASKED
PLEASE DO
YOUR PART.
Agen...AFPS



FIRST—Lieutenant Michael Lawson, originally from Seattle, has reported to Naval Regional Medical Center Oakland, as its first administrative resident. Mr. Lawson comes here from Ft. Sam Houston, Tex., one of the first three Medical Service Corps Naval officers to complete the U.S. Army—Baylor University graduate training program. The resident has 14 years' with the U.S. Navy, 10 of them in enlisted status as a dental technician. He will be rotating through various Oak Knoll departments and outlying clinics, in addition to observing administrative practices in civilian community hospitals.



SPORTS

Officers' bowling rolls off Sept. 12

The 1978-79 season for the NRMCO Oakland Commissioned Officers' Mixed Bowling League begins Sept. 12 at 6 p.m. in the base bowling lanes.

The season will run every Tuesday evening at the same time through Dec. 19, then take a Christmas break and resume Jan. 9 through April 17. Thirty games will be played in all.

The league is open to all active duty or retired commissioned officers, men or women, who either live or work aboard the center.

Lieutenant Harold Crank encourages all eligibles to participate, whether or not they are skilled bowlers. "This is a handicapped league," he said, "and the object is fun."

For signup or additional information, call him at Ext. 2317 or 2315.

Badminton tourney at NAS Lemoore

The Eleventh Naval District North Men and Women's Singles Badminton Championships will be held at Naval Air Station Lemoore gymnasium at 7 p.m., Sept. 15-17.

Each command may enter four singles players and a double less elimination-type tournament will be in effect.

Interested personnel should call Mr. Ron Brown, Ext. 2479, Special Services.



Dance to exercise

The Central Young Men's Christian Association will begin an eight-week dance exercise program Sept. 12.

Classes will be held at 220 Golden Gate Ave., Tuesdays and Thursdays from 6 to 7 p.m.

A spokesman said the program is stimulating exercise for both dancers and non-dancers.

For more information, call the YMCA at 885-0460.

Six picked all-star

Rebels edged out for 'All-Navy'

The Rebels were narrowly defeated by the East Coast team in All-Navy Women's Softball, Aug. 7-11 in Florida, but six of our women were picked to join All-Navy All Stars, and as we go to press, they are participating in interservice championship at Shepherd AFB, Tex.

Those selected are Lieutenant Genella Mussell, NRMCO; HM3 Pat Lieb, NRMCO; HM2 Claudia Jones, Branch Clinic Alameda; TD3 Zimber Hendrickson, NAS Fallon; AG2 Kay Brunson, WESTPAC (Guam), and MSSN Brenda Brownawell, NAS Whidby Island.

In the Florida action, West Coast won the first game 3-1 at Pensacola NAS. Rain forced the tourney over to Whiting Field on Wednesday, where the girls played a back-to-back doubleheader, losing to East Coast 7-5 in one game and taking the other 3-1. A similar doubleheader on Friday saw East Coast edging out the West in both games, 7-4 and 5-3.

During earlier Eleventh Naval Dis-

trict tourney play, the Rebels played the shortest league game on record, totally defensive in winning 3-2 at NAS Fallon—seven complete innings in 15 minutes. They took another record, one for the longest league game on record, two hours and 45 minutes when they played a final 11-inning game with Hawaii. In the latter game the Rebels were down in the first inning 7-1—came back in the seventh to tie 7-7, still tied (8-8) in the eighth held the score in the ninth and 10th and finally finished the 11th with two people on base when a long-fly ball from center field sent a winning run home.

Coach Ron Adams said "Very frequently people lose sight of the team concept. The women that played ball were only a minute faction of the total team that took runner-up honors Navy. My sincerest appreciation extended for the total support of staff, to all nurses and Hospital Corps personnel who stood extra duty so that these people could play ball. Had it not been for your efforts in this endeavor there would have been no ball team."

Officials needed

• Flag football officials for 1978 Intramural League.

• Coach for men's varsity basketball team.

Contact Mr. Ron Brown, Ext. 2479 for further information if you would like to volunteer for either of these positions.

Phyllis loses lbs.

but gains dollars

Mrs. Phyllis Crane has lost 112 pounds by diet and exercise, but gained \$200 an outstanding performance award for her excellent work as an LVN in Emergency Room.

Mrs. Crane was recently cited for performance. She has worked in Emergency for two-and-a-half years, in the Pediatrics Clinic for two years before that.

She is going to nursing school for R.N. degree and is nearly finished.

The divorcee, who has three children likes to jog. Also, she says, "I just love what I'm doing and the people I work with...and the learning atmosphere."

Mrs. Crane is also active in the singing program of the Latter Day Saints Church.

A reminder...

Special Services has asked us to remind readers that reservations are closing for the fall riverboat trip through the Sacramento River Delta on Sept. 23.

For a special fun day seeing sights not possible from the road and a tour of the historic "Old Sacramento," call Sally at Ext. 2479 as soon as possible.

d by Louie

Inner Running—'in' at NRMCO

er Running is coming to Naval Regional Medical Center, Oakland.

The "inner skiing," "inner tennis," and a host of other "inner" games—the focus for this program will be development of enjoyable sports activity healthy for the mind and body. (Note: At least one of our cardiologists, however, cautions that anyone with a known heart condition should check with his or her physician first.)

The running will be sponsored by the Fifth Floor Psychiatry and psychiatric nursing staff. Anyone can participate who has approval from his/her supervisor and all are invited.

On Mondays, the run will begin at 1:30 a.m., Thursdays, 4 p.m., and Tuesdays, Wednesdays and Fridays, 1 to 2 p.m. Participants are instructed to meet by the tennis courts on each of those days.

According to Lieutenant (junior grade) Steve Louie, a psychiatric nurse, the aim of the program is to gradually build an individual's running ability. The emphasis is on distance without injury. There will be classes on how to pick suitable running shoes, stretching exercises, and prevention of common running ailments.

For interested staff and patients, Mr. Louie will attempt to interest participants in races around the Bay Area—regularly 10,000-meter and marathon type events. Completion of the required 6.5 mile distance in one continuous run entitles Inner Running participants to purchase a tee-shirt with an Inner Runner logo.

Louie sees the running program as contributory to the development of a healthy animal—a prerequisite to an integral whole person. "It's possible to develop a natural high runner," he said. "Running serves to reorder priorities in one's environment. It's definitely nice to have activities which contribute to a healthier person instead of activities which make a person less fit. Additionally, it gives a person a chance to play, which, as adults, we seem to be increasing difficulty doing with age."

Lieutenant emphasized that the running activity itself should be paced so that each person would run no faster than



ON THE RUN—Left to right HM2 Kirk Brown, LTJG Steve Louie, both of the staff, and patients AX1 Bill Ashley and CTSN Chris Marksz run in the sunshine near the tennis courts.

he/she can comfortably converse with another person. He added that his program is modeled after aerobic running programs.

"We want running to be fun," he continued, "a surprise to those who would normally never consider themselves runners. When I first started I couldn't even run around the block without feeling as if I were going to die. Now, the sky's the limit! In fact, a friend and I are considering running 500 miles from Baja California to the border one of these days."

Nurse in spotlight

This issue singles out Ensign James M. Christie as "Nurse in the Spotlight" for his reported excellence as a clinician, his maturity, warmth and confidence for his patients, and for his persistence.

Christie, a Texan who works in the Emergency Room, most likely received his inspiration serving from his father Olen Christie who served in the Air Force for 30 years and is now retired.

The Chief Warrant Officer's son entered the Navy and served six years, rising at the HM2 rate with experience in psychiatry and emergency rooms. He then entered the Navy (Nurse Corps) upon completion of nursing school in 1975. The former hospital corpsman is now working on his bachelor of science degree in psychology through a Columbia course at the Oakland Army Base. He has only 18 months to complete and is working on the degree during his off-duty time.

Christie attributes much of his success in the Navy's Nurse Corps to a good supervisor whose dynamic leadership and enjoyment of her work inspired him as a petty officer.



Ensign James M. Christie

The ensign reportedly recently spoke out after hearing someone accuse Navy nurses of being "egotistical." "It is not egotism, but a valid expression of pride in who they are and what they do," he said. He then added that he, too, is proud of being a Navy nurse, and looks forward to his next 13 years.

The young officer's wife, Jackie, is also a registered nurse. The couple has a son, Brian.

CHAMPUS news

NEW CLAIM FORM

The first in a series of new claim forms has been introduced by CHAMPUS officials who predict it will significantly reduce the number of claims returned to beneficiaries for additional or correct information.

Designated CHAMPUS Form 500, the 8 1/2" by 11" form will be used by both CHAMPUS and CHAMPVA beneficiaries for non-institutional care from civilian providers such as physicians, pharmacies, medical suppliers, medical equipment suppliers, ambulance companies, and laboratories. It will replace DA Form 1863-2, "Services and or Supplies Provided by Civilian Sources (Except Hospitals)."

At present, approximately three out of every 10 non-institutional claims are returned to beneficiaries for additional or correct information.

Although limited quantities should be available shortly, it is expected that the new form will be generally available by early November. Individuals with access to the new form are encouraged to begin using it immediately, but CHAMPUS contractors will continue to process non-institutional claims received on the old DA Form 1863-2 until Feb. 1, 1979.

Young 'oldster' stays job active

(Photo, Page 1)

A spring to his walk...a twinkle in his eyes, and highly motivated—that's 70-years-young- Clayton R. Ballou.

Employed by the Navy Public Works Center (PWC) San Francisco Bay, he is a carpenter assigned to the PWC maintenance shop in Bldg. 10 at Naval Regional Medical Center Oakland (NRMCO).

"One of the more interesting aspects of my job is people. PWC employees and customer representatives at the Navy Hospital are very congenial. That really adds a nice touch to the daily work routine," Mr. Ballou commented.

He has had an active career and then some. A 10-year Navy veteran, he spent 30 years in private industry, there originating ideas which led to eight patents dealing with heavy construction and means designed to cut labor costs by 40 percent.

Mr. Ballou has just over 15 years in Federal civil service. He came to the PWC From Naval Weapons Station Concord in 1975.

Last May, Mr. Ballou decided to call it a day and retire. Less than a month later he was back as a temporary employee, again assigned to NRMCO. Tentative plans include a second retirement about December.

What does the future hold?

"Retirement does not mean retirement," he said. "Staying active is a sure formula to long life. I am interested in doing things that satisfy me which allow me the opportunity to run at an easy pace," he continued. "My hobby is building things. In cases where special problems exist related to a specific need, it is pleasing to be able to come up with a product which satisfies a need," Mr. Ballou declared.

The young oldster lives in San Ramon with his wife, Mary. They have three children and two grandchildren.

CNO

(From page 1)

Women and ships

The admiral said that the issue of women aboard ships is an active topic in Washington right now, and that in his judgment, the legislation will go through. Anticipating that action, the Navy has a carefully-considered plan prepared to introduce women aboard ships in the right roles. He said that they will not displace males and that the process will be slow and deliberate.

Quality recruiting

Admiral Hayward stated that the Navy has not quite met its manpower quota, that it stands at approximately 97 to 98 percent. "There will be an increase next year in numbers," the admiral reported, "but we are going to recruit for quality rather than quantity." He added that if the recruitment falls short, there will be less attrition and attempts will be made to motivate personnel in better ways to satisfy both sexes and all races.

Leadership training

OAK LEAF asked the CNO if he planned to institute new people programs, and he told us that he plans to expand leadership and management training, first with senior petty officers, and later through a broad spectrum of classes.

To a question posed by another reporter, Admiral Hayward told the group that he foresees no major changes in the future of Naval Air Station Alameda or the six aircraft carriers assigned to the Pacific.

U.S. vs Soviet Navy

In commenting on the comparison between the U.S. and Soviet Navies, the CNO said our Navy still is behind the Soviets in number of ships, but that we have a marginal edge because of our technology and character.

Admiral Hayward closed the conference by saying that the Navy is working hard with the Administration and expects the Navy to grow in the next two years.

"The Navy is able to react to any contingency...it is up to us to any challenge," he declared.

MOVIES

Movies are shown at Naval Regional Medical Center
Oakland, Bldg. 500, Clinical Assembly. Monday through

Friday the show will start at 5 p.m.; Saturday and Sunday, 2 p.m.

Friday, Aug. 25, 5 p.m.

TAKE ALL OF ME—Richard Johnson, Pamela Vincent—Drama, PG

This is a love story between a man in his forties and a very young girl. Although this has an approximate rating of PG, the Navy does not recommend this one for young children.

Saturday, Aug. 26, 2 p.m.

THE AMAZING DOBERMANS—Fred Astaire, James Franciscus—Action Comedy, G

Justice Department agent Franciscus poses as a gambler to trap racketeer Jack Carter. He deliberately loses and does not pay Carter, the "collectors" corner him, but he is rescued from a beating by the Dobermans. Fred Astaire, owner-trainer of the dogs, agrees to help capture Carter. Terrific movie to be enjoyed by all ages!

3:44 p.m.

JAWS—Robert Shaw, Roy Scheider—Adventure, PG

A summer resort is seized by fear when a white shark is attracted to swimmers. Beaches are closed and economic strangulation threatens the town until three men, a fanatical fisherman, a mild police chief and a shark expert, set forth to kill the shark. This is not for the faint of heart.

Sunday, Aug. 27, 2 p.m.

SUMMER SCHOOL TEACHERS—Candice Rialson, Pat Anderson—Action, R

Two midwestern girls teach a summer session at a Los Angeles high school. It is a toss-up between who learns more, the teachers or the students. The girls have many adventures in the school system and eventually work it all out.

Monday, Aug. 28, 5 p.m.

SORCERER—Roy Scheider, Francisco Rabal—Action/Drama, PG

Four outlaws thrown by fate into Porvenir, a South American jungle village, as workers for an American oil company, attempt to transport nitroglycerine over treacherous terrain to an oil well that has exploded and erupted into fire. Exciting!

Tuesday, Aug. 29, 5 p.m.

PETE'S DRAGON—Helen Reddy, Sean Marshall—Musical, G

Disney magic is served up in this delightful comedy with music and partial animation. Helen Reddy heads the live

action performers, followed by young Sean Marshall, Mickey Rooney, Shelly Winters and others.

Wednesday, Aug. 30, 5 p.m.

CASEY'S SHADOW—Walter Matthau, Alexis Smith—Drama, PG

Cajun Walter Matthau trains quarterhorses at his rundown Louisiana farm with the help of his sons. He gives one son money to buy a yearling, but the son returns with a mare that dies giving birth to a colt sired by a champion. Matthau soon realizes that the colt has great potential as a racer and he eventually enters him in the million dollar all-American futurity.

Thursday, Aug. 31, 5 p.m.

OLLY OLLY OXEN FREE—Katherine Hepburn, Kevin McKenzie—Drama, G

This story is about a nine-year-old boy who is planning to celebrate his late grandfather's birthday by flying a circus balloon like his grandfather once did as the "Great Sandusky." This simple plot also contains elements of our own mature dreams and ambitions. It captures the fantasies and secret desire to challenge insurmountable odds and conquer them with pride and confidence.

Friday, Sept. 1, 5 p.m.

SWEET ALICE—Linda Miller, Brooke Shields—Horror, R

This little "sweet" young girl murders her aunt, her father, her landlord, the Avon Lady, and a priest who refuses her communion. All this takes place after she is supposed to be dead herself from being strangled and burned.

Saturday, Sept. 2, 2 p.m.

THE BEARS AND I—Patrick Wayne, Chief Dan George—Comedy, G

A Vietnam veteran, seeking direction for his life, finds it by rearing three orphaned bear cubs and fighting to preserve the dignity of a local Indian tribe threatened with displacement from its homeland.

3:30 p.m.

RACE FOR YOUR LIFE, CHARLIE BROWN—Animated Cartoon—Comedy, G

Charlie Brown rides the bus to Camp Remote along with Peppermint Patty, Lucy, Sally, Linus and other friends. Snoopy and Woodstock go to motorcycle. A lot of fun and laughs in this one as Woodstock becomes the hero and Snoopy helps his friend.

Sunday, Sept. 3, 2 p.m.

I NEVER PROMISED YOU A ROSE GARDEN—Kathleen Quinlan, Bibi Anderson—Drama, R

Following a suicide attempt, teenager Quinlan is taken to a large state psychiatric hospital. The girl is just schizophrenic and is convinced that everyone she touches is poisoned. She has withdrawn to an inner world of pure paganism. When psychiatrist Bibi Anderson is able to break through to her, she slowly becomes aware of reality.

Monday, Sept. 4, 5 p.m.

OH GOD!—George Burns, John Denver—Comedy, PG

This is the story about "God" (George Burns) who comes to Earth on his work clothes and comes to Earth to clean up our messes. As His Earthling messenger He chooses Jerry Lewis (John Denver), the assistant manager of a California supermarket. VERY VERY FUNNY! DON'T MISS!

Tuesday, Sept. 5, 5 p.m.

THINK DIRTY—Marty Feldman, Shelley Berman—Comedy, R

An advertising executive's wife discovers that her husband has been inspired by a TV show to switch from collecting stamps for a hobby to collecting panties. At the same time she starts pushing for a cleanup crusade, her husband's boss (Berman) is promoting a sexy new image for a cereal and the new family maid becomes the top candidate for the sex image. Needless to say, this causes havoc in the household, and then the action begins.

Wednesday, Sept. 6, 5 p.m.

THE MEDUSA TOUCH—Lee Remick, Richard Burton—Drama, R

Burton is connected to life-saving equipment in a hospital after being attacked. His telekinetic powers control evil forces in his mind to be released. He begins to use everything in revenge, including a cathedral.

Thursday, Sept. 7, 5 p.m.

STRAIGHT TIME—Dustin Hoffman, Theresa Russell—Drama, R

Going straight proves to be impossible for ex-con Dustin Hoffman, a loser with a bad temper and a sadistic police officer. When he goes back to his old ways, it's war. Murder, revenge and escape follow in a chaotic order.

*more built-ins***CO/STRUC pilot underway**

Coherent Structures (Co/Struc)—a modern, modular, interchangeable storage, transportation and work sta-

tion system—went into operation at Oak Knoll last week, in a pilot project involving the Intensive Care Unit, Car-

diology Care Unit, Recovery Room, Anesthesiology, and Central Supply.

Medical supplies for these departments are packed into lockers in Central Supply, transported by special easily-maneuverable carts, and simply transferred from the carts to wall rails. Corresponding lockers are exchanged in this manner on a 24-hour basis.

Eventually, the system is planned to expand to include the Emergency, Operating, and Delivery rooms—maybe some day, one official said, the whole hospital "Conceivably," he added, "it might be possible to carry a day's consumable supplies for the entire hospital in the back of a station wagon, thereby slicing inventory expenses to the proverbial bone."

The modern system, now in use in many leading civilian hospitals, works on the same principle as shelving and modular furniture often featured in home decorating magazines showing individual inter-locking units that can be changed at a moment's notice to accommodate a stereo set or a six-foot houseplant.

(Continued to page 8)



CO/STRUC SYSTEM—Charge Nurse Lieutenant Vicki Goff withdraws supplies for the Recovery Room from a Co/Struc locker, while Lieutenant (junior grade) Mike Hanson, Operating Management checks out one of the easy sliding, interchangeable lockers.

CFC to begin here Monday

The annual Combined Federal Campaign (CFC) will begin Monday at Oak Knoll and continue through October, according to Commander Alice Dyer, Community Assurance Coordinator for Nursing Service and this year's CFC Project Officer.

The fund drive was kicked-off yesterday at a luncheon at the Presidio Officers' Club in San Francisco.

The financial goal for the five-county Area Drive is \$1.6 million, Executive Director Ramon Romero said.

"We are confident of reaching our goal," he declared, "but in order to do so we must improve in three important areas: the number of Federal employees of the Navy is 80,000 in the immediate five-county Bay Area who contribute to CFC must increase by five percent, the number of contributors using the pay roll deduction plan must increase by four-and-a-half percent, and the average direct, single contribution must increase from \$10.41 to \$11.54.

Contributions realized by the CFC are distributed to the United Way (78 percent), National Health Agencies (16.4 percent), and International Service Agencies (5.6 percent).

Nurse Peterson new CSR head

Registered Nurse Elaine Peterson is the new person in charge of the Central Supply Room (CSR) at the center.

She came to her new job from a position with Health, Education and Welfare in Public Health Services, Federal Employee Health Division, where she had worked six years.

Prior to that she was affiliated with Case Western Reserve Hospital in Ohio and was assistant Operating Room (OR) supervisor in Wilmington, Del.

She has much experience in working with sterilization processes and hospital equipment and reportedly looks forward to her new job as charge person over the CSR, possibly instituting some changes and improvements.

Mrs. Peterson received her RN from Ashland State Hospital and did post-graduate work in OR nursing technique at Johns Hopkins.

She transferred to the West Coast with her husband who is a General Motors executive. The couple has two sons—Mark, working on a master's in clinical psychology at Pepperdine University, and Scott, 16, attending high school.

Mrs. Peterson is involved in many community activities, including PTA, choral societies and the American Red Cross



AT THE "HELM"—In almost a symbolic gesture, Mrs. Elaine Peterson wheels open the door to an autoclave (sterilizer). She is the new person in charge of the Central Supply Room at NRMCO.



CPR CLASSES—Mrs. Gwendolyn Adams demonstrates cardiac compressions on instructor HM3 T.L. Connell while Mrs. Kathleen Brown stands by ready to administer mouth-to-mouth ventilations on the "victim." The two ladies are among those attending cardiopulmonary resuscitation class in Education and Training.

CPR training—to save a life

By HM3 T. L. Connell

Thirty million people in the U.S. today have some form of cardiovascular disease. More than 1,000,000 die each year of heart attack; 70 percent before they reach the hospital.

This, combined with another million or so deaths each year due to other emergencies (trauma, electrocution, suffocation, poisoning, drownings, overdoses, etc.), could be drastically reduced if more people in the community were cardiopulmonary resuscitation (CPR) certified through their local American Heart Association or American Red Cross.

These classes not only teach the technique of administering CPR, but give information on early warning signs and

prevention of heart attack and anatomy and physiology of the heart, drownings, etc.

CPR classes are offered to all personnel and military. They are given in Bldg. 75-A, Education and Training. Demand indicates, and also conducted in Bldg. 500, Nursing Education, each Wednesday at 8 a.m. for medical staff (doctors, Medical Service Corps officers, RNs, LVNs, corps staff, and other health professionals, both military and civilian).

Please call Ext. 2237 or 2238 (Education and Training) or Ext. 2003 (Nursing Education) to register in advance.

Green light for Civil Service reorganization

President Carter's plan to reorganize the U.S. Civil Service Commission and to consolidate Federal labor-relations functions into a single agency gained Congressional approval Friday, August 11.

The reorganization replaces the present Civil Service Commission with two agencies, separating its inherent conflicting responsibilities.

The new Office of Personnel Management will carry out the Government's personnel management responsibilities and advise the President on personnel policy matters. The Merit Systems Protection Board will be an independent agency responsible for safeguarding merit systems against partisan political and other abuse, and protecting employee rights within those systems.

The plan also creates the Federal Labor Relations Authority to replace the Federal Labor Relations Council and other organizational components of the Government's labor-relations program. This will bring now-scattered elements into one independent and neutral body with full-

time responsibility for administering this program.

At a White House press briefing, Chairman Alan K. Campbell of the Civil Service Commission said the plan "will enable the President to dissolve the outdated Civil Service Commission (and replace it with) a single-purpose, single-headed Office of Personnel Management to set tough and progressive performance standards for all Federal employees."

Referring to the three-member Merit Systems Protection Board and Special Counsel, he stressed they will be "truly independent of political control to protect the employee rights and block political abuse of the merit system."

Administration officials consider the reorganization a necessary companion to civil service reform measures now before Congress. The President has called the proposals the "centerpiece of government reorganization" during his term in office.

The President submitted Reorganization Plan No. 2 of

1978 to Congress on May 23, starting a 60-legislative-day countdown during which either House could object. Neither did, automatically approving it. Provisions of the plan will be put into effect on or before January 1, 1979.

The cost of replacing the Civil Service Commission with three new agencies will be paid from presently budgeted funds.

The total number of full-time permanent employees requested for the Civil Service Commission and the Federal Labor-Relations Council for fiscal year 1979, beginning October 1, is 7,204. Of that number, about 6,750 will go to the OPM, 400 to the MSPB and 54 to the FLRA. About 170 jobs will be moved from the Labor Department to FLRA.

Under Reorganization Plan No. 1 of 1978, approved earlier, about 200 Commission positions are being transferred to the Equal Employment Opportunity Commission, which assumed responsibilities for antidiscrimination efforts in Federal employment under that plan.

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

RADM W. M. Lonergan, MC, USN, Commanding Officer
CAPT Louis V. Pulicicchio, MC, USN, Director of Clinical Services
CAPT Hubert H. Sowers, MSC, USN, Director of Administrative Services

LCDR Charles R. DeKrey, MSC, USN, Assistant Director of Administrative Services, Public Affairs Officer

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Ceremony marks opening of improved exchange

ere were balloons for the kiddies, corsages for the
, shirt sales for the men and free refreshments for all at
rand opening of the newly-remodeled Navy exchange at
Regional Medical Center Oakland (NRMCO).
e Oak Knoll Exchange, which is a branch of the Alameda
Air Station Exchange, held its celeration Aug. 25
ding 38, after a \$30,000 remodeling project that left it
attractive to the eye and offering better accessibility to
conveniently-displayed merchandise.
ar Admiral Walter M. Lonergan, NRMCO's Comanding
er, cut the traditional ribbon with a pair of gold-plated
ors, while Captain Wayne Gerstenberger, Officer in
ge, Naval Resale Systems Office, West Coast Branch;
mander D. L. Sodrel, Navy Exchange Officer, NAS
eda, and Captain Hubert H. Sowers, NRMCO Director of
nistrative Services, looked on.
llowing brief remarks from Commander Sodrel and
ral Lonergan, the store was opened to a throng of wait-
oppers who rushed in to take advantage of grand open-
pecials on such items as apparel, stereo units, radios and
hold goods.
roughout the day there were drawings for door prizes of
eo unit, an encyclopedia, portable radio, \$50 clothing
icate, houseplant and crystal.
e renovation project was "self-help," using the labor
deas of Navy Exchange staff and sales personnel and
for through Naval Resale Systems funds. A spokesman
t would have cost considerably more if the repairs and
deling had been done in any other manner.
y personnel who planned the project were Ray Laverty,
ity Exchange Manager (now retired); Earl Johnston, who
een acting in Laverty's role since his retirement; Kay
us, Merchandising Manager at Alameda; Johnny
son, Visual Merchandising; Diana Rivard, Personalized
ees, and Dennis Kukkola, Maintenance Manager.
e spokesman said because of better service to
omers and more attractive display of goods, the store
cts a sizeable sales increase.
rquoise carpeting leads up the steps in the entrance of
building and a wide aisle in the middle of the store
oves traffic flow.



OFFICIAL OPENING—Rear Admiral Walter M. Lonergan (left) assisted by acting manager Earl Johnson and Commander D. L. Sodrel (right) cuts the ribbon. Looking on in background are Captain Wayne Gerstenberger and Captain Hubert H. Sowers.



OFFICER IN CHARGE—Captain Wayne Gerstenberger, OIC of the Naval Resale Systems Office, West Coast Branch, with headquarters on NAS Alameda, looks over a display of hi-fi equipment in the newly remodeled NRMCO exchange, a branch of his office.



REAL DISPLAY—Ms. Diana Rivard, Personalized Services, arranges a display in the well-stocked houseplant and silver department.



LAST SIGN GOES UP—Workmen (l to r) Ernest Kwait and Jim Eckel hang the last interior department sign moments before the grand opening while Earl Johnston, Acting Activity Exchange Manager, supervises its placing.



SILVER AND CRYSTAL—Mrs. Nadine Caffall, wife of HM3 Dale Caffall of the Urology Department, shops for silver and crystal in the attractively-displayed housewares department.

Commander Self:

'If I can do it, anyone can'

Commander William L. Self has chalked up three important achievements this year.

First, he made the rank of commander. Next, he was the only one at Oak Knoll receiving a Master of Science degree in the University of Northern Colorado program at Treasure Island. And, thirdly, he was named Chief of Preventive Medicine, relieving Commander Charles W. Halverson, transferred.

Commander Self has had 29 years' with the Navy, 13 of them as an enlisted hospital corpsman.

Despite a very busy career, he found time for education, receiving a Bachelor of Science degree from San Diego State in December 1976. The latest goal, his master's was conferred Aug. 12.

"If I can do it, anyone can," he declared. "You have to want that degree so badly that you're willing to spend 40 hours a month in class at Treasure Island, and give up a lot of weekends." About eight other center students are enrolled in the University of Northern Colorado program, but Commander Self is the first from Oak Knoll to earn his master's.

The Findlay, Ohio native graduated from McComb High School in 1947. He enlisted in 1949, and was assigned to NAS Columbus. Other enlisted jobs were in the inactive reserve for six months; as a hospital corpsman at Reserve Training Centers in Michigan and Minnesota; with the Marines at Camp Fuji, Japan, and completion of Student Hospital Corps Schools (A and B—Great Lakes and San Diego), and Student Field Medical Service School, Camp Pendleton, Calif.

Commissioned an ensign in October 1962, he completed Officers' Candidate School and then was assigned as Assistant Patient Affairs Officer at U.S. Naval Hospital, Philadelphia. For six months following, he attended Sanitation School at University of California, then joined the 3rd Marine Division in Vietnam as its Preventive Medicine Officer. Subsequent billets made him Sanitation Officer, NAS Corpus Christi, Tex.; Preventive Medicine Officer on the staff of COMNAV-MARIANAS and at the Naval Regional Medical Center, Guam. Before arriving at Oak Knoll in April 1977, he was the Environmental Health Officer for Navy Environmental Preventive Medicine Unit No. 5 in San Diego.

The commander is a registered nurse and a registered sanitarian. He holds numerous medals and decorations, including the Joint Service Commendation Medal; Navy Commendation (with "V") and Achievement Medals; three unit citations, including one from the Republic of Vietnam Armed Forces; Navy Good Conduct with three stars; National Defense with one star; Armed Forces Reserve Medal; Vietnam Campaign with two stars and Marine Corps device; Vietnamese Service Medal with device, and the Navy Expert Rifleman Medal.

The career officer and his wife, Carolyn, live in Concord with two of their five children. The other three are adults and there is also a grandson.

Commander Self said he hasn't had much time for hobbies, but is President of the Uniformed Services Environmental Health Association, is a Scoutmaster, and likes to camp.



Commander William L. Self

Eleven doctors end residencies

Receiving residency certificates this month were:

Internal Medicine

Dr. (Lieutenant Commander) Stephen A. Baez
Dr. (Lieutenant Commander) James C. Barsz (to Long Beach)
Dr. (Lieutenant Commander) Michael M. Knott
Dr. (Lieutenant Commander) Richard M. Olivier

Ear, Nose and Throat

Dr. (Commander) Charles H. Dennis
Dr. (Lieutenant Commander) Maurice P. Sherman (to Camp Pendleton)
Dr. (Lieutenant Commander) Thomas E. White

Psychiatry

Dr. (Lieutenant Commander) Roger Pentzien (detaching to Bremerton)

Orthopedics

Dr. (Lieutenant Commander) A. Herbert Alexander
Dr. (Lieutenant Commander) John P. Coleman, Jr. (detaching to Jacksonville)

Anesthesiology

Dr. (Lieutenant) Daniel A. Yurth (detaching to Portsmouth)

DOD launches new program

A new campaign against drug abuse in the Armed Forces has been launched by the Department of Defense.

While drug abuse in the military is of epidemic proportions, it is a serious matter, Deputy Under Secretary of Defense Charles Duncan, Jr., recently told the House Select Committee of Narcotics Abuse and Control.

"There is no subject that commands higher priority for us than the health and readiness of our military personnel," Duncan stressed.

He said our concerns are threefold: (1) the magnitude of the problem; (2) the effects of the problem on military readiness; (3) the quality of our efforts to deal with it.

Such is the background to DoD's new 12-point program against drug abuse.

1. Design and administer a comprehensive personnel survey.

2. Use sophisticated statistical techniques of normal disease control on the drug problem, specifically the Intelligence Service of the Center for Disease Control.

3. Redesign our drug reporting system by adopting the procedures of the Federal Enforcement Administration's "Prevention Dawn."

4. Accelerate procurement of portable urinalysis equipment.

5. Institute mandatory seminars for commanders on the problem.

6. Address the problem of drug abuse by civilian dependents, with a report on the problem due in 60 days.

7. Beef up law enforcement personnel at all levels, with requests due by 30.

8. Look into investigative and positive follow-through on arrests made at military installations.

9. Establish a Berlin Task Force (re: urinalyses of the Berlin Brigade show 10 percent positive return versus the command rate of 1.5 percent of personnel using opiates).

10. Task the Assistant Secretary of Defense (Health Affairs) with submitting a report by next June 30 for a better understanding of the relationship between drug usage and military performance.

11. Task Health Affairs to develop a plan as to what works best, evaluating enforcement, education and treatment.

12. Hire more drug abuse educators, including recommending to the House the nomination of a physician to assume the vacant position of Assistant Secretary of Defense (Health Affairs).

Deputy Under Secretary Duncan said this 12-point program means a great deal to him personally and to the Secretary of Defense. (AFPS)

Reenlisted

Recently signing up for another tour were: OSI Jess E. Prothro, Operating Management. HM1 Jeffrey A. Bell, Laboratory, and HM3 Leo Lantieri, Operating Management.

TIRES—Don Affleck, supervisor of Public Works employees in the center's maintenance shops has retired, ending 17-year Federal service career. "The Navy has been good to me and I hope it has been good for the Navy," he said. "One of the most challenging jobs I've had is my position at the Navy Hospital. During the daily work routine, you're extra careful not to make drastic mistakes. It requires specialized relationships because of the nature of hospital customers." His first federal job was apprentice joiner in 1941 at the Island Naval Shipyard. With time for active Air Force duty, he transferred to Naval Supply Center Oakland, and joined the Public Works Center when it was established in 1974.



Navy moves to end \$ lag

The Navy has taken steps to ensure its members receive their first retirement/retainer pay within 30 days after they retire or enter the Fleet Reserve.

Under the new program, necessary information to establish the account will be forwarded to Navy Finance Center, Cleveland, 30 days before the service member actually retires.

New procedures are detailed in ALNAV 029 78. No later than 30 days before the effective retirement transfer date, prospective retirees should contact their Disbursing Military Pay Office to:

- Ensure completion of DD Form 1883 to record their survivor benefit plan.
- Determine allotments to be continued or cancelled.
- Complete a W-4 form.
- Elect payment method and update mailing address (direct deposit of retired pay to a bank or other financial institution is encouraged).

Halverson leaves for duty at DOD

Commander Charles W. Halverson, former Chief of Preventive Medicine, reached Aug. 25 and left the area yesterday for a new role as Executive Secretary of the Armed Forces Epidemiological Board in Washington.

Of his new assignment, Commander Halverson said he thought it would be challenging of his nearly five-year stay at

Naval Regional Medical Center Oakland, he said. "This has been a very gratifying job. As most of my career has been spent with preventive medicine technicians, it was particularly enjoyable to head the school."

New Preventive Medicine Chief here is Commander William L. Self, former Training Officer with the PMT School.

Pharmacology course offered night at USF

A course in pharmacology (Biology 121) will be offered during the 1978 Fall Semester of the Evening College, University of San Francisco, it has been announced.

Lectures will be presented Wednesday evenings, 6 to 8:40 p.m.

Three academic semester units will be given for successful completion of the course under instruction of Stephen M. O'Meara, Pharm. D.

Course topics are general principles of pharmacology, cardio-vascular drugs, autonomic nervous system drugs, central nervous system drugs, endocrine drugs, and antibiotics.

For further information, call 666-6355, or write: Evening College, University of San Francisco, San Francisco, CA 94117.

Foothill College offers med equipment training

Biomedical Equipment Technology (BMET) courses will begin Sept. 18 at Foothill College in Los Altos Hills.

Dr. Orval Ellsworth, coordinator of the program, will teach an introductory course (BMET 50) covering hospital electrical safety and microshock, and a course on patient monitoring (BMET 51).

BMET 50 meets on Tuesdays from 3 to 6 p.m. and BMET 51, Mondays and Wednesdays, 3-6 p.m.

Michael Rubenstein, clinical engineer at San Francisco Hospital, will instruct on servicing medical electronic equipment (BMET 62) on Thursdays from 6:30 to 9:20 p.m. at the college.

Other courses on artificial kidney machines, sterilizers and X-ray equipment will be offered during the 1978-79 academic year. Call Dr. Ellsworth at (415) 327-2300 for further information.



CONGRATULATIONS—Rear Admiral Julian J. Thomas (left), Inspector General, Dental, took time from his very busy schedule during recent inspection of NRMCO's Dental Service to extend congratulations to Dental personnel recently advanced in rate. They are (l to r): Dentalman Charles Dyer, Dentalman David Flamenco, DT3 Debra Baulanger and DT2 Elisco Irasusta.

Little acorns...

Naval Regional Medical Center Oakland recently gained three more "family" members, born here. They are:

A girl to Dr. (Lieutenant Commander) and Mrs. Harold S. Parks, Jr., ENT Clinic staff, Aug. 17.

A girl to HM2 and Mrs. Thomas W. Lorenz, Chemistry, Aug. 18.

A girl to HM2 and Mrs. Antonio F. Alvarez, Patient Affairs, Aug. 20.

Kudos...

The following personnel have been recently cited for outstanding service

Civilian Outstanding Performance

- Mrs. Lela Mattos, Nursing Service
- Mr. John Sesto, Supply Service
- Mrs. Anna Taylor, Legal Service
- Ms. Paulette Crawford, Psychiatry Service

Navy Achievement Medal

- HM1 Frank Hans, PMT School

For Indian service

Dr. Miller awarded PHS medal

By Dr. Charles Fankhauser

The U.S. Public Health Service Commendation Medal is infrequently awarded, and, according to Dr. George Bock, Director of the Phoenix Area Indian Health Service, has **never** been awarded to a person outside the Public Health Service. Accordingly, we are proud to report the unprecedented award of the medal to an outstanding Oak Knoll physician, Captain Tom Miller, MC, USN.

Dr. Miller, who is soon to retire from his present position as Chairman, Department of Otolaryngology and Maxillofacial Surgery at Naval Regional Medical Center Oakland, was cited for his outstanding contribution to the Native American people of the Phoenix Area Indian Health Service in prevention, diagnosis, treatment and rehabilitation of diseases of the ear.

Hearing health

Under Dr. Miller's direction, the Ear Nose and Throat (ENT) Department at Oak Knoll initiated and has continued to provide hearing health care to the Phoenix Area Indian Health Service on a yearly contract basis for the past six years. This care has been extended over the years and presently includes periodic clinics conducted at various Indian reservations in Arizona, California, Nevada and Utah. These clinics identify patients requiring medical and rehabilitative attention for ENT problems. Patients requiring surgery are treated at Oak Knoll and subsequently followed at reservation clinics. An extensive aural rehabilitation program is also provided at reservation sites for patients with irreversible hearing impairments.

Began with disease

At the outset, this program was directed toward alleviation of ear disease of virtually epidemic proportions among the Apache Indians in the Whiteriver Service Unit Area. During this time, a major portion of this obligation was assumed by Dr. Miller.

Often accompanied by his wife Peggy (a certified audiometric technician), Dr. Miller held numerous clinics at Whiteriver. Clinics usually started early in the day and continued into early evening hours; not infrequently, meals were missed; not uncommonly, clinics exceeded 60 patients—no small task when one considers the substantial language barrier that often hampered the doctor's appreciation of his patient's symptoms. Eventually, Dr. Miller and his wife were totally accepted by the Whiteriver Apache. When Oak Knoll's ENT staff left Whiteriver two years ago, ear disease was no longer an epidemic problem and Dr. Miller could show a success rate for middle ear surgery which compared favorably with the best results reported by major urban medical centers in the United States.

Apache affection

It would be understated to say that the Whiteriver Apache and Dr. and Mrs. Miller hold a special affection for one another. It seemed only fitting, then, that a contingent of representatives from the Whiteriver area drove more than 200 miles so that they could be present at Phoenix Indian Medical Center when Dr. Bock read Dr. Miller's citation and awarded his Commendation Medal.

Tribal proclamation

The Whiteriver Apache also had an award for Dr. Miller, a tribal proclamation citing his numerous services to their people. One of the Apache present at the award ceremony was a 14-year-old lad who was redirected from his former "Retarded" status by Dr. Miller and his wife. Through their considerable personal effort they assured that this lad was properly fit with required hearing amplification and instituted appropriate hearing rehabilitation. Their efforts have been rewarded by this boy's subsequent success at school, where he has regained virtually all of the four-year educational deficit inflicted on him by earlier misplacement.

All hands effort

When we were returning to Oak Knoll from Phoenix, I suggested to Dr. Miller that news of his awards should be shared through publication in THE OAK LEAF. He replied that if this was to be done it would have to include appropriate mention of ENT staff participation in general, and Drs. (Captains)

Patrick R. Burkett and C. Gordon Strom and Mr. W. Loyborg in particular, plus the departments of Anesthesia and Pediatrics, and the Nursing Service. His statement consistent with the earlier one when Dr. Miller accepted Commendation Medal from Dr. Bock. He said he did so on behalf of his staff, which, he suggested, made the entire project possible.



Dr. (Captain) Tom Miller

Miller was 'the glue'

I am confident I speak for all my ENT colleagues when I insist that Dr. Bock awarded the Commendation to the right person. There is not one of us associated with this program over the years who has not wanted to bring it to a close. I might, for example, be too easily frustrated or unnecessarily impatient; at times we were an unruly bunch. Dr. Miller was always the glue which kept us together; thanks specifically to him we have never missed a scheduled clinic. It is a fair claim to suggest that we have all learned to be better persons because of our participation in this program.

For all of us, too, thank you, Tom.

Med terminology class to begin here

Beginning Sept. 21, Naval Regional Medical Center Oakland, in conjunction with the College of Alameda, will be offering a course in medical terminology, covering basic roots, suffixes and prefixes of medical terms, and eventually, advanced medical terminology.

Supervisors are asked to nominate employees not later than Sept. 14, with first consideration going to employees who use medical terminology in their work.

Local policy dictates that those who successfully complete the full academic year course may be considered eligible for positions which require a knowledge of medical terminology for a selective placement factor under normal promotion procedures. The College of Alameda will also grant three units of credit.

Phase I of the course will run from Sept. 21 through Dec. 14 on Thursdays, from 2:30 to 5:30 p.m. Two hours of the training, for those whose regular shift ends at 4 p.m., will be authorized on duty time. The third hour is on the employee's own time. Textbook for the course will be offered students the first night of class at a cost of about \$10.25 each.

Dr. Nannett Hancock, who has taught this course twice before at Oak Knoll, will instruct. She will also teach Phase II and III later in the school year.

For further information, contact Sherry Robinson, Civilian Personnel, Ext. 2116.

Getting out? MEDIHC can help

A special cooperative program sponsored by the Department of Health, Education and Welfare, the Department of Defense, and the California Department of Health is organized to assist men and women trained in health care in the military to capitalize on those skills when they return to civilian life. Known as "Operation MEDIHC" (Military Experience Integrated Into Health Careers), the project:

- Provides information on health careers.
- Evaluates previous medical experience in light of present day employment opportunities.

- Offers assistance in obtaining licensing in those areas where individuals may qualify from inservice experience.
- Maintains job listing referral services for those seeking employment.

The nearest office is in Berkeley, and information may be obtained by calling (415) 843-7900, Ext. 281.

Other states, in addition to California, offer the same MEDIHC service. Contact your Veterans' Representative for details and locations if needed.

Best sellers



in at library

Many of the nation's best sellers are available right here at the NRMCO General Library. Included in the listing are: **Bloodline** (Raymond Chandler); **The Women's Room** (Fanny French); **The Holcroft Covenant** (Robert Ludlum); **The World According to Garp** (John Irving); **Stained Glass** (Sam F. Buckley, Jr.); **The Last Confession** (Anton Myrer); **Evergreen** (Belva Davis); **Illusions** (Richard Bach); **The Human Factor** (Graham Greene); **The Hobbit** (J. R. R. Tolkien); **If Life Is a Bowl of Cherries—What Am I Doing in the Pits?** (Erma Bombeck); **The Complete Book of Running** (James F. Fixx); **Mother/My Self** (Nancy Friday); **Playing Your Own Strings** (Wayne W. Shortz); **The Amityville Horror** (Jay Anson); **All Things Wise and Wonderful** (James Herriot).

To reserve your selection call Ext. 2479. And remember, the General Library, Bldg. 101 is now open from 8 a.m. to 8 p.m., Monday through Friday.



PASSING THE BULL—Former "Bull Ensign" Ronald L. Adams (II), recently promoted to Lieutenant Junior Grade, passes on the symbol of authority and responsibility (the bull) to Ensign Randall L. Howe, now the senior ensign on board. Mr. Adams is assigned to Supply; Mr. Howe to Physical Therapy. Both are Medical Service Corps officers.

District talent contest slated

The District Talent Contest will soon be held here and talented performers at Naval Regional Medical Center Oakland will have an opportunity to show off their singing, dancing, music, comedy interpretations, drama and/or variety routines.

Elimination judging will be held in the Naval Support Activity Treasure Island Base Theater, Bldg. 401, on Oct. 3 at 9 a.m., and the finals the next evening (Oct. 4), beginning at 8 p.m. The winner and runners-up will be determined by a panel of judges.

Each act is to consist of an individual performer or group of performers who are able to present a performance in good taste and of an entertaining nature. Such groups will consist of not more than five individuals and the running time of an act must not exceed six minutes.

Eligible participants include active duty personnel of the Navy, Marine Corps and Coast Guard, as well as other branches of the service with personnel assigned to naval commands within the Eleventh Naval District North.

Awards will be provided by the Bureau of Naval Personnel for the top four place winners.

If interested in competing, call Mr. Ron Brown, Special Services, Ext. 2479.

SPORTS

Horseshoe tourney coming up at MI

The Eleventh Naval District North's Horseshoes Championships will be hosted by Naval Support Activity, Mare Island at 9 a.m. Sept. 16. The tournament will be singles competition only and will be a round-robin format. Each command may enter four participants. The tournament will be conducted at Vallejo City Park Horseshoe Courts, located at Alabama and Marin Streets, directly opposite the Veterans' Building. Participants are asked to register with the tournament Director no later than 8.30 a.m. and each must bring his or her own horseshoes. Inquiries may be referred to Mr. Ron Brown, Special Services, Ext. 2479.

Bids out for run around the isle

Mare Island Naval Support Activity Special Services invites NRMCO personnel to join in the first annual "Round the Isle Run," on Saturday, Sept. 16 at 11 a.m.

Sanctioned by the Pacific Association AAU, the race course is around the perimeter of Mare Island, starting and ending at the Main Gate, Morton Field, for a distance of 7.5 miles.

Entry deadline is Sept. 15 for a cost of \$2 each entrant, late entries (received between 10 and 10:45 on the day of the race) will be required to pay \$2.50. Dress-

ing and shower facilities are available to both men and women, but participants must bring their own towels.

All entrants must enroll at the starting line by 10:45 a.m. Complete results will be mailed to anyone who brings a self-addressed, legal size envelope.

Divisions will consist of open, master, women, teens (12-18), juniors (11 and under), and military. First and second place trophies will be awarded in each division.

Mare Island patches go to all entrants.

Discounts offered on Warrior games

Special Services is offering a special discount to the Warriors' Basketball opening doubleheader on Wednesday, Sept. 27 in the Oakland Coliseum Arena.

Regular price for the tickets at the Box Office is \$8 each, Special Services is selling them for \$6, and Sally says they are excellent seats.

In the first game, the Lakers will scramble with Seattle at 7 p.m. The battle between the Warriors and Portland begins at 9 p.m.

The same priced tickets will be offered again for the Warriors vs. San Diego game at 8 p.m., Oct. 6.

Sailors of Month both instructors

Two Sailors of the Month at Naval Regional Medical Center Oakland coincidentally are both assigned to Education and Training.

HM2 Bradley A. Martin, Sailor of the Month for June, and HM3 Thomas L. Connell, Sailor of the Month for July, are both instructors for Emergency Medical Technician courses.

Martin someday wants to be a doctor or administrator of emergency medical services system, with emergency care related goals; Connell hopes for a nursing degree.

When notified of his selection as June's top nominee, Martin commented;

"The job of an instructor is a lonely one. This is due to the fact that he must be dedicated to his job of teaching. This dedication often goes beyond normal working hours. Many evenings must be spent preparing for classes, attending classes themselves to keep up-to-date, and also making revisions in class presentations. This means the social life most people love and hold dearly must take second priority.

"Our job tends to be a thankless one. We must (and do) derive satisfaction from knowing students leaving our classroom have gained greater knowledge and skills proficiency. The only thing that keeps us going is the appreciation and thanks offered by our students. This presentation means a great deal to me because it is recognition coming from my peer group, which means a lot. But again, the only recog-

nition or thanks needed is that which comes from our students."

About his selection, Connell said simply, "I like what I'm doing and it's nice to be recognized by the people who work with me."

Martin has nearly four years of service and has asked for a two-year extension; Connell, with two-and-a-half years logged, doesn't know whether or not he will reenlist when the time comes. "I want to get my nursing degree, and it depends whether the Navy opens up the right program by that time."

Born in Missouri (parents now live in California), Martin is a single man, working on a bachelor of science degree in health care administration through the Southern Illinois University program. He devotes much of his off-duty time in conducting a civilian cardiopulmonary class, on standby as a medical aide, and volunteer service to Big Brothers, Girl Scout camp-outs and Boy Scout weekend outings. He is a licensed private pilot and considers photography another hobby.

Connell, a native of Morgantown, W. Va., lives with his wife, Linda, a teamster who drives a pickup for an electric motor business, in Oakland. Two attack-trained Dobermans round out the household.

July's top sailor has two semesters' credit at West Virginia University. He was also Sailor of the Month in 1977. Two weeks a month he teaches CPR to civilians through the American Heart Association program. His hobbies are tennis and dog-training.



HM2 Bradley A. Martin
June's Top Sailor



HM3 Thomas L. Connell
July's Top Sailor

Red Cross appeals for volunteers

Ms. Vivian Ollila, Red Cross Field Director at Naval Regional Medical Center Oakland, has issued an appeal for new volunteers to work in a critically-needed wide variety of fields at Oak Knoll.

Interviews for prospective volunteers will be held Sept.

18, 20, 26, and 28, from 10 a.m. to 2 p.m. in the Red Cross Building at the center.

Ms. Ollila asks that appointments for interviews be made in advance by calling Ext. 2525 (639-2525). Additional information is also available at that number.

CO/STRUC

(Continued from page 1)

A manufacturer's spokesman said Co/Struc not only cuts inventory expenses in hospitals. It allows quick and economical changes; uses space more efficiently; reduces equipment costs; improves personnel productivity; strengthens infection control, and creates pleasant, professional environment enhancing patient morale and confidence.

The components allow for color-coding storage of items and the bright hues in both thermo-plastic and fabric-covered components make for a cheerful, stimulating atmosphere.

Parts, all dimensionally compatible, can be put together in hundreds of ways to serve specialized needs, keeping quality

care high and costs under control, spokesman continued.

The system is a cooperatively planned venture here among Supply, Nursing Service and staff physicians. Lieutenant (junior grade) Mike Hanson of Operating Management serves as project officer, the pilot.

MOVIES

Movies are shown at Naval Regional Medical Center Oakland, Bldg. 500, Clinical Assembly.

Friday, Sept. 8, 5 p.m.

THE PACK—Joe Don Baker, Richard S. Shull—Drama, PG

Saturday, Sept. 9, 2 p.m.

ONE LITTLE INDIAN—James Garner, Vera Miles—Western, G

3:30 p.m.

ROLLING THUNDER—William Devane, Linda Haynes—Drama, R

Sunday, Sept. 10, 2 p.m.

ACT OF AGGRESSION—Catherine Deneuve, Jean-Louis Trintignant—Suspense, R

Monday, Sept. 11, 5 p.m.

BLACK OAK CONSPIRACY—Jesse Vint, Karen Carlson—Drama, R

Tuesday, Sept. 12, 5 p.m.

THE SEA GYPSIES—Robert Logan, Mikki Olsen—Adventure, G

Wednesday, Sept. 13, 5 p.m.

WHERE'S WILLIE?—Henry Darrow, Marc Gilpin, Comedy, G

Thursday, Sept. 14, 5 p.m.

MALIBU BEACH—Kim Lankford, James Daughton—Comedy, R

Friday, Sept. 15, 5 p.m.

MR. SYCAMORE—Jason Robards, Sandy Dennis—Drama, PG

Saturday, Sept. 16, 2 p.m.

RETURN OF THE PINK PANTHER—Peter Sellers, Christopher Plummer—Comedy, G

3:50 p.m.

MACKINTOSH AND T. J.—Roy Rogers, Cloy O'Brien—Western, PG

An invitation...

Staff, you are welcome to attend...

"MORNING LIFE FELLOWSHIP"

- Spiritual Support
- Scriptural Study

Breakfast - Wednesdays - 6:30 a.m.

Officers' Dining Hall
(Third Deck, Bldg. 500)

THE OAK LEAF

Naval Regional Medical Center, Oakland
Vol. 40 No. 18 Friday, September 22, 1978

Command picnic slated Oct. 7

All military and civilian staff members at Naval Regional Medical Center Oakland, together with their dependents, are invited to a Command Picnic, Saturday, Oct. 7, from 12 noon to 4 p.m. at the picnic grounds on the compound.

There'll be kids' games, door prizes, disco music, beer, soft drinks, and a western barbeque featuring roast beef, hamburgers and hot dogs.

Civilians must purchase their tickets at \$1 per person over 12 years of age through the Special Services Office, Bldg. 38, Monday through Friday, 8 a.m. to 4:30 p.m. Military members should contact HM3 Scott Nixon in the Public Affairs Office, third deck, Bldg. 500.

'blitz'

Campaign wrapup by Sept. 30?

We're going to go full speed ahead if we can't wrap-up the Combined Campaign (CFC) here by the end of this month," said Commander Alice, this year's Project Officer at Naval Regional Medical Center Oakland.

He added that the center hopes for a percent increase from every contributor last year's donation, "and in any case, we want at least 100 percent participation from Oak Knoll's military and civilian personnel."

The payroll deduction plan, whereby a certain amount is deducted from each person's paycheck over a certain period, is considered by many as the most "painless" way to contribute.

Meanwhile, Chairman Ramon Romero of the CFC Federal Division, said "There's no one in the Federal Establishment living in the Bay Area that hasn't helped, either directly or indirectly, the CFC."

The average Federal employee, whether military or civilian, Romero said, would be surprised how close the CFC has come to the employee's life.

For instance," Romero said, "how many Federal workers have sons and daughters who belong, or who have volunteered, to the Boy Scouts and Girl Scouts?"

Both the Boy Scouts and Girl Scouts of America are partially supported through contributions to the CFC, he said.

Others are The Sickle Cell Anemia Research Foundation, CARE, The National Army, Cerebral Palsy Association, Family Service Agencies, American Cancer Society and many, many more," Romero said.

Just a casual glance," he continued, "of this very incomplete list of agencies supported in part by CFC contributions

will show a Federal employee how his or her contributions may help those near and dear. If we can get our employees to realize this significant fact, we believe they will be more motivated than ever to contribute to this year's campaign."

Last year's CFC drive at NRMCO netted about \$15,100, an official said.

Assisting Commander Dyer in the local "blitz" campaign will be Nurse Corps Lieutenant James Williams, Assistant Project Officer.



NCPAFLT medic

visits NRMCO, clinics

Admiral D.E. Brown, Jr., Medical Director on the staff of the Commander in Chief, Pacific Fleet, visited Naval Regional Medical Center Oakland and some of its clinics this week.

Admiral Brown is on a familiarization tour of West Coast facilities and medical services provided fleet members. His headquarters is in Hawaii.

CLUB GIFTS—Mrs. Jack (Charlotte) Ritter, NRMCO Officers Wives' Club president, delivers gifts for the hospital to Captain Lee Peterson, Chief of Nursing Service. With advice from the Red Cross on types of items needed, the wives' club donated 18 articles including prism glasses for Neurosurgery; hair dryers for the Obstetrics wards; round shaving mirrors for Neurosurgery; booster chairs for Food Service; coffee pots for Medical Clinic and Patients' Recreation Program, and magnifying reading glasses with handle for patients' use.

A chaplain speaks:

By Chaplain (LCDR) John Q. Leshner

Christianity is based on a real experience of God which produces fullness of life. The experience is man breaking through into the ultimate dimensions of being by coming into a conscious encounter with God. I guess a better way of saying it is "a conscious relationship with God." It is in Christ that God breaks through to man, and it is in Christ that man breaks through to God. In this breakthrough, which is a very real experience for all who have a conscious relationship with God, man is made adequate for living.

The Apostle Paul put it very simply, "It is by His grace that you are saved, through trusting Him."

Trust has a lot to do with this "real experience." If my nine-year-old son trusts me, I can do many things for him; if he does not trust me, I can do very little. So it is with God: If I

Breaking through to God...

trust Him, He can work miracles of fulfillment in my life; if I do not trust Him, I continue to just stumble on, more or less successfully, maybe not so successfully, but as a person not reaching to the full dimensions of living.

In a world where people seem to be in bondage to emotions, where hopes are destroyed and lives crushed where depressions and obsessions take over, only a vital person, stimulated by a real experience with God, can speak to these emotions. Forgiveness, trust and love can become the only experiences in breaking through to a conscious (born) relationship with God. Blessed are those of simple faith who break with false sophistication and come to grips with life itself.

See you in church Sunday.

Drug abusers warned, 'don't blame society'

The Pentagon's new Drug Abuse official says he refuses to accept the premise that the military will reflect society at large with respect to drug abuse.

"We have a right to demand sound bodies and minds, and we intend to do so," Brig. Gen. John H. Johns, the newly appointed Special Assistant for Drug Abuse in the office of the Assistant Secretary of Defense (Health Affairs) recently told a House Armed Services select subcommittee.

Only two weeks ago, this same select subcommittee heard Deputy Secretary of Defense Charles W. Duncan, Jr., outline a new 12-point plan to combat drug abuse.

One of the main points of this plan was naming General Johns, then Army's Director of Human Resources, to the new Defense Department level post, and giving him full responsibility and full charge for research, law enforcement, health care and program evaluation, including representing DoD at the intra-Federal Agency level.

The general told Congress he is already working on DoD's new 12-point program to combat drug abuse by directing all

major commands to institute mandatory seminars for commanders and medical personnel on drug abuse and detection for both service members and their families.

Like Secretary Duncan, the general was candid in admitting he has yet to get a precise handle on the drug problem. He says, "we still have a serious drug problem even at conservative estimate."

The general emphasized, however, the Defense Department still has a heart, that "policy specifies that drug abusers will be provided treatment and rehabilitation services."

While the Defense Department engages only in short-term rehabilitation, General Johns pointed out the success rate last year was 71.3 percent, with some 24,973 members returned to duty out of the 35,003 in various rehabilitation programs of the four military services.

Feed-back from the field, General Johns said, indicates that some commanders believe alcohol abuse might be more of a problem than drug abuse. (AFPS)

Red Cross annual report reflects NRMCO service

Over the most recent fiscal year, the American Red Cross at Naval Regional Medical Center Oakland (NRMCO) spent more than four times the amount collected here last year during the annual Combined Federal Campaign (CFC).

The center's staff is headed by Field Director Vivian I. Ollila, and she is assisted by two Assistant Field Directors and one secretary, all available on a 24-hour basis for emergencies.

Local services are provided for in and out patients as well as active duty military and dependents. These services include:

- Counseling and referrals for personal and family problems.
- Verifications for emergency leaves.
- Health and welfare reports.
- Rapid communications to more than 3,000 chapters in the states and military installations worldwide.
- Financial assistance for emergency needs.
- Assistance to visiting relatives and help with myriad problems arising from illness and hospitalization.

Red Cross social workers at Oak Knoll worked with 1,620 clients during the fiscal year, with 1,721 services rendered. Financial assistance given totaled \$2,821.80.

The staff and specially-trained volunteers continue to do counseling with the terminally ill and their families; women considering abortions and alternatives; families identified with child and spousal abuse. They participate in the pre-admission

program for pediatric patients and group orientation for natal patients, and provide information on services to some diagnostic groups like diabetics as well.

Sixty-four uniformed volunteers work throughout the hospital. Last year adult volunteers performed 13,320 hours of service and 40 teen volunteers gave 2,314 hours.

Other East Bay Chapters also provide services for personnel and patients of Oak Knoll. Hundreds of free classes are given in nursing, CPR, first aid and water safety. Volunteer motor service drivers made 8,193 trips totaling more than 62,000 miles to bring active duty and retired military personnel and dependents to medical appointments at NRMCO or other locations.

The East Bay Chapters performed still more direct service for the hospital. They made 1,625 pairs of patient slippers, knitted 115 pairs of crutch pads and provided layettes for newborn babies. They baked cookies and cakes, and served other refreshments for the patients' recreation program.

Naval Air Station Alameda Red Cross served a total of 4,593 cases in the fiscal year just ended, and gave a total of \$39,995 in interest-free loans or outright grants.

To provide all of this humanitarian service, Red Cross depends on its volunteers, and contributions partly funneled through CFC.

A sizeable donation to the drive now in progress will come not only the Red Cross, which helps this center so much, but more than 200 other deserving organizations.

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

RADM W.M. Loneragan, MC, USN, Commanding Officer
CAPT Louis V. Pulicicchio, MC, USN, Director of Clinical Services
CAPT Hubert H. Sowers, MSC, USN, Director of Administrative Services

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Contributions from both staff and patients are welcomed and should be addressed to the Editor, THE OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

AP accredits lab

Naval Regional Medical Center Oakland's Laboratory has been accredited by the College of American Pathologists through May 4, 1980.

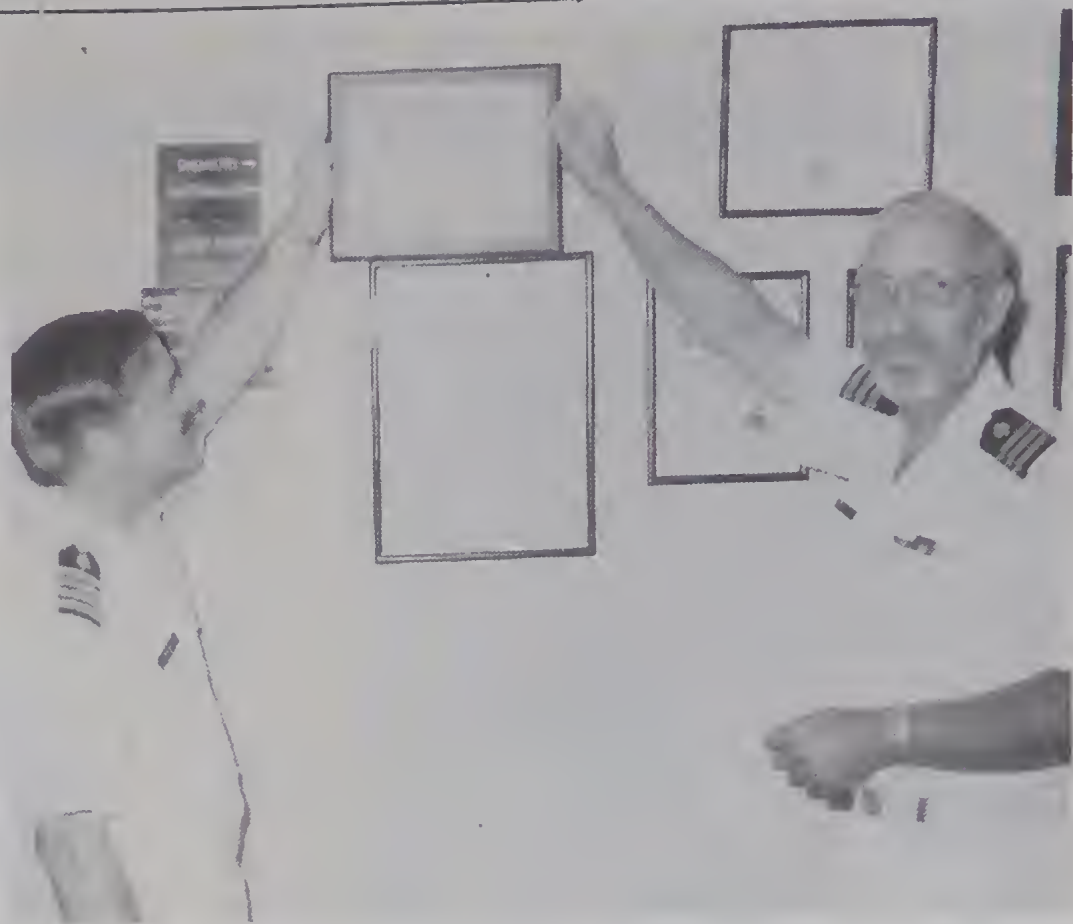
In a letter reporting the accreditation, Vice Admiral W. P. Arentzen, Chief of the Navy's Bureau of Medicine and Surgery, said the grant reflects very positively on dedicated efforts of Admiral Walter M. Lonergan, the center's command officer, and the laboratory service staff members who work under his direction.

To achieve the high standards set for laboratory work by the college," Admiral Arentzen said, "has required intensive professional and managerial effort. You are certainly deserving of the traditional Navy 'well done' for managing to meet the standards despite the serious impediments of laboratory design and personnel resources under which you have been operating."

He added, "The Bureau of Medicine and Surgery is proud to learn that the Laboratory Service of the Naval Regional Medical Center, Oakland, continues to be among the ranks of the Navy laboratories accredited by CAP."

In order to assure ongoing accreditation the NRMCO Laboratory must participate annually in the College's Comprehensive Quality Evaluation Program (Surveys).

Chairman of Laboratory Services here is Dr. (Captain) Richard W. Poley.



LAB GETS NOD—Dr. (Captain) Richard W. Poley (left), Chairman of Laboratory Services, positions a Certificate of Accreditation with the help of Dr. (Commander) Philip J. Vogt. The lab has been accredited for a two-year period by the College of American Pathologists.

172 pints drawn in blood collection

One hundred ninety-one persons came forward to give blood on Sept. 6, and 172 pints were drawn.

"It was not an exceptional donor drive," commented the Blood Program officer, "but an average effort and I think we're maintaining support at an acceptable level."

"Many thanks are due those who turned out," he continued, "and we're especially grateful that the last two drives have reversed the previous downward trend in the number of units collected."

He said that perhaps more volunteers would have given a couple of weeks ago if the drawing hadn't been so close to the Labor Day weekend.

Laboratory officials hope that the next collection date, Dec. 6, will be more convenient for all concerned, as it falls ahead of holiday leave schedules.

About 300 to 350 credits (equivalent to that many donors) are required each month for patients at Naval Regional Medical Center Oakland.



85TH UNIT—Ensign Craig Jimerfield of Patient Affairs has donated 85 units of blood in his lifetime, the last pint drawn here during the recent NRMCO blood drive.

(Photo by LCDR John R. Lindberg)

Exchange extends Saturday hours

Effective Sept. 30, certain Navy Exchange activities at Naval Regional Medical Center will offer extended business hours on Saturdays.

An official said the change is being made to better serve patrons and conform to the Saturday shopping habits of Bay Area residents.

New hours of operation are:

Main Exchange, Bldg. 38—Open Monday through Friday, 10 a.m. to 5 p.m.; Saturday, 9 a.m. to 4 p.m.

Cafeteria, The Helm, Bldg. 38—Open Monday through Friday, 9:30 a.m. to 3 p.m.; Saturday, 9 a.m. to 2 p.m.

Mini Mart—Open Monday through Friday, 9 a.m. to 5:30 p.m.; Saturday, 9 a.m. to 4:30 p.m.

Service Station—Open Monday through Friday, 8:30 a.m. to 5 p.m.; Saturday, 8:30 a.m. to 4 p.m.

Six graduate today in neuropsychiatry

Six more corpsmen completed Phase II Neuropsychiatric Technician training this morning and graduated in ceremonies held in the 5th floor conference room. Among those in attendance for the graduation was a large contingent of visiting Navy and Army officer and enlisted instructors from Ft. Sam Houston, Tex., where Phase I of the bi-service training is held.

The corpsmen, in training to be neuropsychiatric technicians, first completed six weeks' didactic instruction at the Texas Army base and then spent another six weeks at Naval Regional Medical Center Oakland obtaining clinical experience and further specialized training.

Now ready to fill technician billets, the six will report to the following: posts and hospitals:

HN James Coffidis, Newport, R.I.; HM3 Deborah Marshall, Naval Regional Medical Center Oakland; HN John Madren, Naval Regional Medical Center, Charleston, S.C.; HM3 Patsy Owens, Naval Regional Medical Center, San Diego, Calif.; HN Ronald Phillips, Camp Pendleton, Calif.; HN Gregory Witzke, Naval Regional Medical Center Charleston.

Lamberts co-author textbook

Nurse Corps Lieutenant Clinton E. Lambert, Jr. and his wife, nurse Vickie Ann, both instructors, have co-authored their third publication, "The Impact of Physical Illness and Related Mental Health Concepts," Prentice-Hall publishers.

The 384-page book, selling in paper-

back, is expected to go on sale in November.

Earlier the couple co-authored two professional journal articles; "Pulmonary Function in the Obese Patient," and "Divorce: A Psychodynamic Development Involving Grief." Additionally, Lieutenant

Lambert authored another public, "Resocialization of the New Graduate Nurse into the Work Role."

The lieutenant, who is a Ph.D. Neuropsychiatric Instructor at the Naval Regional Medical Center Oakland (NRMCO), said "My wife and I found writing of our book to be an extremely rewarding experience. We learned a great deal, but the most rewarding aspect of this endeavor was our working together to produce a piece of literary work for the profession."

Mrs. Lambert, who plans to begin her doctoral study in nursing this month at the University of California, San Francisco, has been for four years, Assistant Professor in Medical-Surgical Nursing at the University of Pennsylvania School of Nursing.

Lieutenant Lambert, who has 11 years of military duty, received a bachelor's degree (BS) in biology and bachelor's degrees in anthropology, with minors in chemistry and religion from Florida State University. He was granted a BS in nursing from Frances Payne Bolton School of Nursing, Case Western Reserve University, and a master of science (MS) in nursing from University of Pennsylvania School of Nursing, with his major field of study psychiatric-mental health nursing.

Mrs. Lambert won a diploma in nursing from Mary Lanning School of Nursing, Hastings, Neb.; a BS in nursing, University of Iowa College of Nursing, and a master's in nursing from Frances Payne Bolton School of Nursing, where her major field of study was medical-surgical nursing with a functional major in education.

She has been staff, and then a head nurse of a male surgical unit at University Hospitals, University of Iowa, assistant instructor in nursing at the same university; instructor in medical-surgical nursing, Robert Packer Hospital School of Nursing, Sayre, Penna.; research assistant for Dr. Rosemary Rich, Frances Payne Bolton School of Nursing, and instructor in medical-surgical nursing, St. John College of Cleveland, Ohio, before the assistant professorship at University of Pennsylvania.

Lieutenant Lambert worked part-time as a cola route supervisor and salesman...a medical laboratory technician and supervisor, and as an apprentice embalmer while he was attending college.

From 1967 to November 1971 he was a medical technologist with the U.S. Marine Corps, stationed at hospitals in Montgomery, Ala.; Tokyo, and Washington, D.C. He was commissioned an ensign in the Navy Nurse Corps in 1974 and was assigned to Naval Regional Medical Center, Philadelphia until May this year when he completed a faculty development course at the Academy of Health Sciences, U.S. Army, Ft. Houston, Texas, and arrived at NRMCO in June.

Lieutenant and Mrs. Lambert live at their home in quarters at Alameda Naval Air Station. They are parents of a daughter, Alexandra. Off duty interests include snowmobiling, sailing, golf and collecting American Indian artifacts.



TEAMWORK—Lieutenant Clinton E. Lambert, Jr., Psychiatric-Nursing Service, and his wife, nurse Vickie Ann, confer on last-minute changes to their book, "The Impact of Physical Illness and Related Mental Health Concepts," published by Prentice-Hall and soon to be on the market.

Warehouseman logs 31, retires

Cato Mason, a warehouseman in Supply, retired Sept. 1 after 31 years' service to the federal government.

After four years in the U.S. Army, most of it in Germany, Mr. Mason worked for several years at an Oakland laundry, enrolled in a trade school and learned tailoring and upholstering.

He came to Oak Knoll on Feb. 27, 1952, working initially as a mess attendant in Food Services. In a very short time he was transferred to Public Works where he was employed progressively for eight years in roads and grounds, paint, upholstery, venetian blind shops, and in Transportation.

"I don't look at age," he told the OAK LEAF Editor. It's a blessing to complete 31 years of service and I'm very proud. I've enjoyed working here and the only sadness I feel is having to leave my co-workers."

Mr. Mason spoke warmly of the supervisors he's had over the years and specifically mentioned Ernie Sivertson of Food Services, George Manchester of Public Works, and Mike McClay. His last supervisor was Al Hansen of Supply.

The retiree was born in Texas, but raised in Southern California. He attended school in Los Angeles, and finished high school in Fresno. At present he lives in Oakland with a male schoolmate of those high school years.

Mr. Mason is divorced, the father of five California-born children, of whom he is very proud. One has earned a scholarship at California State, another works at

General Motors, a daughter teaches piano and works part-time with the Board of Education, one son is a minister of a Baptist church and also a pianist, and his youngest son is a drummer.

Mr. Mason says he will continue to pursue his hobbies in retirement. They include upholstering and the spectator sports of baseball, football and boxing.



LAST DAY ON JOB—Mr. Cato Mason, a Supply Service warehouseman who recently retired, spent his last day on the job restocking warehouse shelves. Mr. Mason had been employed at Oak Knoll since early 1952.

Nurse in spotlight:

Her concern is the heart

The spotlight shines this week on Lieutenant Barbara J. Beeby, of the Coronary Care Unit on 9E.

Miss Beeby has been cited for her work in coronary care course, which she not only taught, but coordinated with other medical facilities in the Bay Area. "Lt. Beeby is an excellent counselor as well as an excellent instructor," one official said. "She has been very effective in initiating innovative teaching programs for the myocardial infarct patient."

The warm, effervescent blonde was born in Bend, Ore., the daughter of retired Navy pilot (Commander) Edwin N. and Barbara Beeby. Her brother, Gered, is an Annapolis graduate (class of '66). He held posts on nuclear-powered submarines and is now the Land Use Management Director for Northern San Diego County. Miss Beeby received her Bachelor of Science in Nursing from the University of

Washington in 1970. Additionally, she picked up graduate credits in Human Resource Management in an off-campus extension course of Pepperdine University in 1976.

She entered the Navy Nurse Corps Candidate Program while in school and has held prior billets in general surgery and neurosurgery, U.S. Naval Hospital San Diego; was an instructor at Nursing Service Hospital School in San Diego; worked in general surgery and obstetrics at Naval Regional Medical Center Guam.

She came to Naval Regional Medical Center Oakland in 1976 and will detach Oct. 1 for duty in Japan.

A spokesperson said Lieutenant Beeby is currently requesting advanced schooling in order to become a primary health care clinician (nurse practitioner). If accepted, she would likely return for her master's after the Japan duty.



HOW THE TICKER WORKS—Lieutenant Beeby explains to a patient the mechanics of the human heart.

Comings and goings (Detached/Reported)

"Fair Winds and Following Seas" to following personnel who recently detached from Naval Regional Medical Center Oakland:

Dr. (Captain) Philip T. Briska to Pensacola

Lieutenant Commander Jerome J. Lawski to 3rd Marine Division, Okinawa

Dr. (Captain) Thomas W. McKean to Pensacola

Dr. (Lieutenant Commander) Duane M. Ingrud to NRMCC San Diego

Dr. (Lieutenant Commander) Thomas J. Leill, released from active duty

Dr. (Lieutenant Commander) Terry A. Davis to Camp Lejeune

Dr. (Lieutenant) Lynn W. O'Neal to Pensacola

Dr. (Lieutenant) Daniel A. Yurth to Portsmouth

Lieutenant Linda Daehn to Iwakuni

Dr. (Lieutenant Commander) James C. Sz to Long Beach

Commander Charles W. Halverson to Washington, D.C.

Dr. (Lieutenant Commander) Maurice P. Herman to Camp Pendleton

Dr. (Lieutenant) Harold K. Agner, from Moffett to Camp Pendleton

Lieutenant (junior grade) Jeanette Rich to San Diego

Dr. (Lieutenant) John R. Bright to Pensacola

Dr. (Lieutenant Commander) Roger Antzien to Bremerton

Dr. (Lieutenant) Robert R. Jarrett to Camp Pendleton

Dr. (Lieutenant Commander) John P. Luman, Jr. to Jacksonville

Lieutenant Commander Alicia DiPrima, assigned

Lieutenant Margaret Newell to Port Hueneme

A big "Welcome Aboard" to new arrivals:

Dr. (Lieutenant Commander) John F. Beamis, Internal Medicine

Dr. (Lieutenant Commander) William R. Schlichtemeier, Ophthalmology

Lieutenant (junior grade) John Hilmo, MSC, Psychology

Dr. (Lieutenant Commander) Michael J. Dainer, OB-GYN

Dr. (Lieutenant) Francisco S. Manansala, Treasure Island Branch Clinic

Dr. (Lieutenant) John F. Polito, OB-GYN

Dr. (Commander) Don E. Siegal, Dental

Dr. (Lieutenant) James R. Pitts, Surgery

Dr. (Lieutenant) Robert Hetz, Indoctrinee to Guam

Commander Alice Dyer, Nursing Education

Lieutenant Commander Mary Cornell, Main Operating Room

Lieutenant James Williams, Nursing Service

Lieutenant Patricia Kenney, Nursing Service

Lieutenant (junior grade) Debbie Kuhn, Nursing Service

Dr. (Lieutenant Commander) Christopher J. Harris, Surgery

Dr. (Lieutenant Commander) Michael W. Moore, Anesthesiology

Dr. (Lieutenant) Sue Aye, Anesthesiology

Dr. (Lieutenant) Mungkorn Kiethanom, Moffett Branch Clinic

Dr. (Lieutenant Commander) Jerry B. Swint, Alameda Branch Clinic

Dr. (Lieutenant Commander) Jerrold S. Lozner, Thoracic Surgery

Dr. (Lieutenant) James R. Pitts, General Surgery resident

Dr. (Lieutenant) Rolando P. Dulay, Anesthesiology

Chief Warrant Officer (Physician's Assistant) John K. Martin, Primary Care

Dr. (Lieutenant) Pepita C. Cuervo, Moffett Branch Clinic

Lieutenant Janice Moran, Nursing Service

Dr. (Lieutenant Commander) Hari C. Puri, Alameda Branch Clinic

Ensign Scott Shiffer, Nursing Service

Dr. (Captain) William J. Storz, Surgery
Ensign Lawrence Graheck, Nursing Service

Dr. (Lieutenant Commander) James E. Congdon, Hematology

Dr. (Lieutenant) Jack C. Avalos, Radiology

Dr. (Lieutenant Commander) John L. Taylor, OB-GYN

Lieutenant (junior grade) David L. Gustafson, MSC, Data Processing

Dr. (Lieutenant) Robert J. Pelfrey, Alameda Branch Clinic

Lieutenant Jame E. Eberle, MSC, Moffett Branch Clinic

Navy takes over former Army site

The Army has transferred its former Military Ocean Terminal at Kings Beach, Ga., to the Navy for development as a Naval Submarine Support Base.

This new base is being developed as the refit site for Submarine Squadron Sixteen, which must withdraw from its existing base of operations at Rota, Spain, by July 1, 1979.

Construction at Kings Bay, in Southeastern Georgia, is expected to continue into 1981 when full operational capability will be attained. (AFPS)



CREATORS—HM3 Patrick Joyce and HM3 Jo-Ann Wilson pose with a display of instruments and items supplied by Central Supply Room. According to Mrs. Elaine Peterson, their supervisor, the two worked diligently in creating the exhibit to assist users. Jo-Ann left the Navy Aug. 30, but Pat is still on board in the Central Supply Room providing help wherever and whenever he can.



NEW MANAGER—Tom Miller is new Navy Exchange System manager at Naval Regional Medical Center, Oakland, transferring here from the Concord exchange. Mr. Miller has numerous years of experience in civilian retail trade as well as six years of service at Concord.

Chapman College lists fall programs

The Chapman College Residence Education Center at NAS Alameda announces that it will offer a Bachelor of Arts in Criminal Justice beginning Term II 1978-79 (Oct. 23-Dec. 23).

The Bachelor of Arts in Criminal Justice is a degree which involves the study of the causation, administration of justice and the corrective aspects of the American system. It is therefore the aim of this program to assist the student in preparation for initial employment in police, courts and corrections agencies, as well as to help facilitate promotions and advancement for those currently employed in law enforcement agencies.

Common graduation requirements for persons enrolled in Chapman degree programs include completion of a minimum of 124 semester hours of which at least 36 units must be upper-division work, achievement of at least a C average in all Chapman College as well as other college or university course work leading to the degree, and a minimum of 24 units of residence credit in other than Basic Skills courses.

Specific Degree Requirements for the Criminal Justice program consist of the following mandatory courses:

- Sociology of Deviant Behavior
- Administration of Criminal Justice
- Probation and Parole
- Seminar—Racial and Ethnic Minorities
- Criminology
- Juvenile Delinquency
- Family Dynamics and Crisis Counseling

Additional requirements also include 15 units to be selected from related areas in the fields of Government, Psychology, Sociology and Social Work.

Criminal Justice 420—Sociology of Deviant Behavior will be offered in Bldg. 2, NAS Alameda on Monday and Wednesday evenings from 4 to 6 p.m. beginning Oct. 23. If you are interested in the course and/or the BA program please call Gloria Neuman, the Chapman CJ counselor, at 869-3602 between the hours of 9 a.m. and 5 p.m. You may pre-register for the course after Oct. 1.

Other programs offered by Chapman at NAS Alameda are: AA, BA in Social Science; BA in Economics and Business Administration; and the BS in Health Science (for registered nurses).

Financial aid is available through the use of tuition aid as well as veterans' benefits for those who qualify.

Chapman is the oldest and largest degree-granting institution at NAS Alameda.

Officers promoted

The following officers assigned to Naval Regional Medical Center Oakland were promoted to rank indicated during the month of August:

To Lieutenant

Ronald A. Nelson (NC)
Michael G. Levrini (MSC)

To Lieutenant (Junior Grade)

Ronald J. Adams (MSC)
Ronald J. Carroll (MSC)
Linda D. Ball (NC)
Marie C. DiLorenzo (NC)
Thomas H. Huffman (NC)
Deborah J. Martyn (NC)
Dennis R. McClain (NC)
Nancy A. Newkirk (NC)
Robert O. Rigdon (NC)

Chapel Schedule

All staff, patients and visitors are welcome to come to any of the following services scheduled in the Chapel of Hope on the third floor, Building 500. The chapel is open and available at all hours for personal use when services are not being held.

CATHOLIC MASS

Sundays 8:30 a.m.; 12 noon
Weekdays 12 noon

PROTESTANT WORSHIP

Sundays 10:30 a.m.
Mid-week devotions (Monday thru Friday) 12:30 p.m.



Club invites new members

The Naval Regional Medical Center Officers' Wives' Club welcomes new members.

Eligible to join are wives of all NRMCO-ated officers.

Club dues are \$6 a year, and the organization meets monthly for luncheons and other activities.

All officers' wives are entitled to receive the club newsletter, THE FIGLEAF, the first three months. If you are eligible and have not received a paper, phone Carol Laflin, 632-2769, or a Sheffield, 276-4652.

Home movies needed for Vietnam film

Did you take home movies in Vietnam? If so, BRANYA film makers would like to see your footage for possible use in a documentary on the day-to-day life of American Servicemembers in Vietnam.

BRANYA is looking for shots of barracks, mess halls, medical facilities, leave or anything which gives a sense of what it was like to serve in Vietnam during the war.

The selected films will be shown to small groups of Vietnam veterans whose spontaneous reactions will form the core of the film's narrative.

If you would like to participate in this project, contact the Project Director, David B. Miller, at BRANYA, 1311 North Troy Street, Arlington, Va. 22201 or telephone (703) 528-4806. (AFPS)

MOVIES

Friday, Sept. 22, 5 p.m.
AMORPHOSIS—Joan Baez, Mick Jagger—Drama, R
Saturday, Sept. 23, 2 p.m.
DEPOSIT NO RETURN—David Niven, Barbara Feldon—Drama, G
Saturday, Sept. 23, 3:50 p.m.
HARD CITY—Ed Bagley, Jr., Ruth Buzzi—Comedy, PG
Sunday, Sept. 24, 2 p.m.
FLEW OVER THE CUCKOO'S NEST—Jack Nicholson, Faye Dunaway—Drama, R
Monday, Sept. 25, 5 p.m.
GILL VS THE COSMIC MONSTER—Science Fiction, R
Tuesday, Sept. 26, 5 p.m.
FURY—Kirk Douglas, Carrie Snodgrass—Drama, R
Wednesday, Sept. 27, 5 p.m.
SERPENT'S EGG—Liv Ullmann, David Carradine—Drama, R
Thursday, Sept. 28, 5 p.m.
ME—Christopher Joy, Jayne Kennedy—Drama, R
Friday, Sept. 29, 5 p.m.
STEP—Vincent Van Patten, Ty Hardin—Drama, PG

Saturday, Sept. 30, 2 p.m.
AGAINST THE CROOKED SKY—Richard Boone, Stewart Paterson—Western, PG
Saturday, Sept. 30, 3:30 p.m.
THE REINCARNATE—Jack Creley, Jay Reynolds—Horror, PG
Sunday, Oct. 1, 2 p.m.
HUGHES & HARLOW—Victor Holchak—Drama, R (NOTE: This is an R-rated film and requires the parent or guardian to accompany any person under 17)
Monday, Oct. 2, 5 p.m.
THE ISLE OF DR. MOREAU—Burt Lancaster, Michael York—Horror, PG
Tuesday, Oct. 3, 5 p.m.
CANDLESHOE—Helen Hayes, David Niven—Comedy, G
Wednesday, Oct. 4, 5 p.m.
CHOSEN—Kirk Douglas, Simon Ward—R
Thursday, Oct. 5, 5 p.m.
SPIDER INVASION—Steve Brodie, Barbara Hale—PG
All movies are shown in Clinical Assembly, Third Deck, Building 500

Sea World fetes Navy



San Diego's Sea World offers special savings to all Navy families during the Navy Birthday Special at Sea World, Sept. 22 through Oct. 31.

Special discount coupons available at the Special Services Office, Bldg. 38, for 30 percent off regular Sea World admission. With the coupons adult admission during Navy Birthday Special will cost

\$4.75, and children will be admitted to the park for \$2.95. Children three and under will be admitted free.

Several whale, walrus and dolphin shows are scheduled and Sea World is easy to reach. Take the Sea World Drive exit off Interstate 5 just north of downtown San Diego.

THE HULK WANTS TO MEET YOU—Meet the "Incredible Hulk" and other fascinating characters at Universal Studios Tour during Armed Forces Days, Oct. 7-22 when a 20 percent discount will be offered all military and civilian employees and their families and friends. In addition to the Hulk, visitors will survive a collapsing bridge, a deadly shark attack, a doomed glacier and a runaway train. Other features include a visit to Robert Wagner's dressing room, the Bionics Testing Center, outdoor movie and TV sets, props and the liveliest shows in town. The studios are located in Universal City and tours take about five hours, departing every 15 minutes beginning at 10 a.m., seven days a week except Thanksgiving and Christmas days. The site can be reached by taking the Lankershim Blvd. off-ramp from either the Hollywood or Ventura West freeways; or, the Cahuenga Blvd. off-ramp from Ventura Freeway East. (Universal City Studios photo)

SPORTS

Tennis lessons

to continue here

Special Services will continue its tennis program through the fall with lessons available from Mr. Paul Welles on Mondays and Tuesdays.

All ability levels will be taught and sign-up can be made for private or group lessons.

For further information, call Special Services, Ext. 2479, or Mr. Welles at 359-237.

Marines invite runners for NAS Alameda event

A three or six-mile run will be sponsored by the Marine Air Reserve tomorrow at Alameda Naval Air Station, beginning at 10 a.m.

The second annual event features a one or two-lap flat course around runways with a view of San Francisco, Yerba Buena, the Bay Bridge, and aircraft parked around the field.

Entry fee is \$3 and registration may be made between 8:30 and 9:45 a.m. at Hangar 22.

There are seven divisions for men, four for women, all categorized by age, from under 12 to over 46. T-shirts go to all entrants.

Cross-country race set by NAS Lemoore

The 10th annual Naval Air Station Lemoore cross-country championship and open race for a distance of six and one-half miles will be held at Lemoore, beginning about noon on Sunday, Sept. 24.

The race will start at the corner of Martin and D Streets in Lemoore and end in the center of Navy Lemoore Picnic Festivities at Hickey Park.

Late entries, at \$2 each, will be accepted at the starting line between 11 and 11:45 a.m.

Wayne Vandellen of Woodlake set the record in 1975 with a time of 33:54.9.

NARF worker grateful to Oak Knoll

By Betty Beck



ON THE JOB—Mickey Williams slides a work order into a pneumatic tube carrier for dispatch to one of the shops at Naval Air Rework Facility, Alameda. She credits most of her rehabilitation to the care and kindness she received at Oak Knoll following an accident in August, 1965.

(Photo courtesy NARF Alameda)

"It was simply beautiful. Had it not been for their care, I wouldn't have made it."

She speaks from a wheelchair at the Naval Air Rework Facility at Alameda, but she speaks with enthusiasm and a zest for living. Her praise is directed to the medical personnel of Oak Knoll Naval Hospital.

Widowed from her Navy husband's death in 1952, several years later Mickey Williams and her daughters were on their way east to see relatives when they became involved in a serious auto accident that injured the girls and left Mickey Williams in intensive care in an Oklahoma City hospital.

When it was learned that Mrs. Williams was not eligible for CHAMPUS, the civilian hospital talked of sending her to a charity ward. In desperation, she called the Red Cross, which in turn contacted Tinker Air Force Base which arranged to fly her to Travis Air Force Base. She was brought to one of the wooden buildings at Oak Knoll in late 1965 and remained there until October 1966, undergoing neurosurgery and treatment.

"They did a fantastic job," she says. "I'll never forget Dr. (Captain) Gale Clark and what he and his staff did for me."

Although paraplegic, she has gradually regained much strength, and last year was hired as a GS-2 in NARF's distribution center. The road to productivity was long and difficult, however, and full of frustrations.

After her hospitalization, she tried telephone soliciting for her home. This job offered very low pay and often poor working conditions, but it did allow her to keep busy while looking for better opportunities.

She next attended clerical classes at Berkeley Adult School for two years, but was hospitalized again for a time from an injury suffered at the school. When she recovered, she made several attempts to obtain a job without success. A Rehabilitation Job Counselor told her of the job opening at NARF, and she was hired for the position.

Officials say Mickey has done a promising job in the mail center, and Mickey says the job has done a lot for her.

She has bought a new car and is proud of the fact that she does her own cooking, housekeeping and shopping.

The two daughters have done very well for themselves as well. Latrell graduated from San Francisco State College and took her internship for radiologist at the U.C. Medical Center. She is employed at the Veterans' Administration Hospital at Fort Miley. Trina attended Old Dominion University at Norfolk, Va. and obtained her degree in dental technology. Today she is a Dental Group Office Manager.

Mrs. Williams has never been on disability or welfare assistance of any kind. "Where there's a will, there's a way," she declared, "and handicapped persons have to keep trying until else they will turn into vegetables."

Well, Mickey Williams is no vegetable, but she certainly is a peach.

UNC announces fall classes at TI

The University of Northern Colorado (UNC) is offering classes at Treasure Island this fall on Administrative Controls; Seminar in Law, Social Change and Health Care Policy; and Seminar in Management Information Systems for Health Care Facilities.

The university offers a Master of Science degree in Business Administration with emphasis in Health Care Administration.

Special features of the program are:

- Intensive weekend seminar format.
- Credit for work and training experience.
- Possible acceptance of applicable accredited hours for transfer of credit.
- VA benefits for those eligible.
- The university is accredited by the North Central Association of Colleges and Secondary Schools.

You can start your program this month by contacting Ms. Meredith Ditmore, UNC Coordinator. Her telephone numbers are 397-1079 or 433-6959.

DRESS RIGHT DRESS..

✓ CHECKLIST

- ☐ Haircut
- ☐ Uniform
- ☐ Shoes
- ☐ Grade & Insignias
- ☐ Ribbons



THE OAK LEAF

Naval Regional Medical Center, Oakland

Vol. 40 No. 19

Friday, October 6, 1978

Pulicicchio

New DCS stresses professional pride

believe in motherhood, the American flag, apple pie **and professional pride**," Captain Louis U. Pulicicchio, MC, told Chiefs of Service at his first meeting here.

The new Director of Clinical Services, who replaced retiring Captain Victor M. ... MC, also advised the group that he didn't believe in crisis medicine and that he credits the philosophy of leading by example, that "Chiefs of Service can make or break a command."

On his first Pacific Coast tour, Dr. Pulicicchio arrived here from Naval Regional Medical Center, Charleston, S.C., where he was Chief of Medicine and Director of the Intensive Care (ICU) and Critical Care Unit (CCU) complex for some years.

He has designed and built two ICU and CCUs for the Navy—one at Pensacola, Fla., and the other at Charleston. They are the most advanced prototypes to date and the one at Charleston has been emulated by several civilian hospitals. The design has also influenced the ICU-CCU designs at other Naval hospitals.

Dr. Pulicicchio is a diplomate of the American Board of Medical Examiners and is trained in Internal Medicine. He has been an instructor in medicine at Thomas Jefferson University School of Medicine in Philadelphia and Assistant Clinical

Professor of Medicine, Medical University of South Carolina

The New Rochelle, N.Y. native received his undergraduate study at Columbia University and his M.D. at George Washington University School of Medicine. He held a rotating internship at Naval Hospital, St. Albans, N.Y. and a three-year internal medicine residency at Great Lakes (Ill.) Naval Hospital.

In his Navy career, Dr. Pulicicchio was progressively Acting Senior Medical Officer, U.S. Navy Receiving Station, Brooklyn, N.Y.; Chief, Medical Cardio-Pulmonary and Infectious Disease Sections, Philadelphia Naval Hospital; Director, Medical Education for Clerks and Interns, Director, ICU, and then Assistant Chief of Medicine, Pensacola Naval Hospital, until his assignment to Charleston in 1973.

The captain is a member of the American College of Physicians, the American College of Chest Physicians, the American Medical Association, and the Association of Military Surgeons of the United States. He is qualified to lecture on

eight medical topics.

Dr. Pulicicchio, his wife Evelyn, and their three children, Louis, 19, Eva Marie, 15, and Marc Anthony, 9 are making their home in quarters at Oak Knoll.



Dr. L. U. Pulicicchio

NIS opens full-time at NRMC

Naval Investigative Service (NIS) established a resident unit Oct. 1 at Naval Regional Medical Center Oakland, with Dill IV on full-time duty as its representative resident agent.



John Dill IV

The new office is located on the second deck of Bldg. 73C and for the moment, agent Dill is sharing Ext. 2497 with the Security Investigators. His office hours are 8 a.m. to 4:30 p.m., Monday through Friday, for normal business; all hours for emergencies.

Agent Dill said establishment of the new office will permit immediate on site investigation, and provide the most modern resources of scientific and technical investigative aids available.

NIS is the primary investigative and counterintelligence agency for the Department of the Navy and its responsibilities include investigation of actual, suspected, or alleged major criminal offenses committed against a person, the United States government or its property.

"I am here to serve the command," Mr. Dill said, "and I encourage personnel to call me on any possible criminal activity observed. The source's identity will be fully protected."

In addition to major criminal offenses, particular instances of interest, he explained, would be.

- Unattended death of military personnel, dependents, or Department of the Navy employees occurring on a Navy installation when criminal motive cannot be firmly excluded.

- Any fire or explosion of questionable origin affecting Navy property.

- When a possibility exists that one or more elements of a major criminal offense may attach to an incident apparently minor in nature. An example would be petty larceny within barracks, wherein entry to commit the larceny may constitute the additional offense of house-breaking.

Mr. Dill, a former Marine, holds degrees in police/political science and journalism, with sociology as a minor.

He was a policeman in Wichita, Kans., for six years and has had 13 years' professional experience with NIS at offices in Chicago, Great Lakes, Denver, Danang, Whidby Island, Wash., and Okinawa.

His hobbies include stereo music, swimming, and...target-shooting.



From the desk of the Command Master Chief

The importance of the duty preference card (or proverbial dream sheet) came up both at a recent conference I attended and during a visit to the Hospital Corpsman and Dental Technician (HM and DT) Detailing Office.

Submission of duty preference is a necessary step in the proper detailing of individuals. All too often we hear people griping because the set of orders they received was not to their liking. Without a current and properly completed duty preference form, personnel in the HM and DT Detailing Office must make an assumption that your duty preference is anywhere the Navy wishes to send you.

True, the detailers are not always able to assign you according to your likes and dislikes but these factors are weighed and receive much consideration.

Don't wait until you are in receipt of orders to submit a new duty preference form. You have an obligation to have an up-to-date preference card on file. At least a year before your projected rotation date submit a new form and update. If you need assistance or have questions Chief John Chetister, our Command Career Counselor, will be happy to help you. When preparing the current form, take your time and fill it out properly. Refer to the enlisted transfer manual for proper duty codes and eligibilities for assignment.

After observing the detailing process and conversing with Master Chief Luchter and his staff you can rest assured that duty preference cards are considered. Every effort is made to detail you according to your wishes, but it still much depends on priorities and billet vacancies at the time. If you have been realistic and stated several areas of the globe to work from, you may find your choice of duty to be your next assignment.

Stop by and see Chief Chetister concerning the submission of your duty preference card.

HMCM Steve Brown, Command Master Chief

Paratrooper tricks save skateboarders

They shoot the duck, do the space walk and skate the fake. They also break arms, injure legs and fracture skulls. Such are the ups and downs of skateboarding enthusiasts who participate in one of the most popular recreational activities of this decade. Although the majority of skateboarders are between 10 and 17 years of age, youngsters of all ages and some adults are also taking up the sport.

Skateboards come in all shapes and sizes, from 24 inches to seven feet long; they may be motorized, use sails, or have blades for use on ice. They range in price from \$10 to \$130.

Along with the skateboard's increasing popularity, skateboard related deaths and

injuries have risen dramatically over the past five years, with 25 deaths reported since 1975. The U.S. Consumer Product Safety Commission (CPSC) says the use of helmets should reduce the risk of fatalities. Also, teaching the skateboarders to fall like paratroopers is one of the ways to minimize skateboarding accidents. Investigations show that many skateboard falls result in fractured arms because the victims in falling extended their arms to break their falls.

The CPSC says that equipment checks, wearing protective gear, and observing general safety precautions against skating in roadways and other trafficked areas can help reduce accidents and related injuries. (AFPS)

Old-timer say 'hello

A trio of "old-timers" visited the OAK LEAF office a few days ago. They were Mr. and Mrs. Robert Hein of Milwaukee, Wis., and Mrs. Thelma (Jones) Crabtree of Livermore.

The three had just paid a visit to Mrs. Chester Nimitz in her Berkeley home and reported the 86-year-old widow of the famed World War II admiral both spry and alert.

Mrs. Crabtree explained that she was the Head Navy Nurse in Plastic Surgery at Oak Knoll in 1945-46 and that Mr. Hein then in the Marine Corps, was brought here for several progressive operations after being hit in the face with shrapnel.

Mr. and Mrs. Hein have since kept in contact with Mrs. Crabtree and with Mrs. Nimitz, who was a Red Cross volunteer at the hospital here during World War II.

Mrs. Crabtree said that after the war was over and she returned to civilian life, she came back to Oak Knoll and worked for a time as a civilian nurse in Pediatrics, leaving in 1951.

The visitors were enthusiastic over the modern new main hospital building at the center and asked to be remembered to any personnel remaining who were on the staff in the mid-40s.

Brown endorses handicapped week

Secretary of Defense Harold Brown joined other top Administration officials in unanimously supporting President Carter's commitment to improve hiring and promotion of handicapped people in the Federal Government, and to work with the private sector to improve opportunities there.

In a joint statement, Cabinet members and heads of other Government departments reasserted their conviction to achieve a society in which handicapped people can participate fully. The signatories are Associate Members of the President's Committee on Employment of the Handicapped.

These Government leaders, while recognizing that for too long disabled persons have had to fight discrimination, asserted that "Now, equal opportunity under the law of the land."

The joint statement also underscored the determination that Federal agencies and departments "become models of employment outreach, in hiring, and promotion practices."

The statement was issued to signal the annual observance of "National Employment of the Handicapped Week," Oct. 1-7.

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

RADM W. M. Loneragan, MC, USN, Commanding Officer

CAPT Louis V. Pulicchio, MC, USN, Director of Clinical Services

CAPT Hubert H. Sowers, MSC, USN, Director of Administrative Services

LTCDR Charles R. DeKrey, MSC, USN, Assistant Director of Administrative Services, Public Affairs Officer

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Contributions from both staff and patients are welcomed and should be addressed to the Editor, THE OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Fire Prevention Week

Firemen ask all to observe

National Fire Prevention Week will be observed Oct. 8-14. Here at Naval Regional Medical Center Oakland, Chief Ferriera and his crew of two fire captains and six firefighters ask that all personnel use this occasion to reacquaint themselves with hazards, and "make every day a fire safety day."

Specifically, the Fire Department requests that everyone take the following precautions:

- Become your own fire inspector. Locate and identify potential fire hazards on the job and in the home.

- Install smoke detectors in your residence and ensure that all family members know how to evacuate the premises rapidly in case of emergency. On the job, learn where the exits are located...look for fire extinguishers and alarm activators.

- Proper housekeeping is the key to fire prevention. The fall is an excellent time of year to clean out garages and other spots where trash has accumulated. In preparation for winter, check heaters, pilot lights, furnace filters, electrical switches, stove burners, and yes, even lint accumulation

in the exhaust hose of your clothes dryer. Look over all the appliances for possible cord damage or fraying, and this caution should be taken for electric blankets as well. When the weather turns chilly, a fireplace makes the room cozy, but before you retire for the night be sure a burning log is well positioned so that it cannot tumble across the hearth and onto carpeting while the family is asleep.

- Fall weather is unpredictable and no one can say for sure just when the heavy rains will come. In the meantime, and particularly at Oak Knoll, the summer grass is high and timber dry. When falling leaves are added to this already existing hazard, the fire risk is high. Don't toss cigarette butts indiscriminately, and if you're still barbecuing in the back yard, watch sparks from the grill.

- One common hazard we often forget...plastic wastebaskets and containers provide no confinement for fire. Often these plastic receptacles are placed as trash containers under the kitchen sink in close proximity to the garbage disposal and to miscellaneous

household cleaning supplies, many of which are highly flammable. Smoldering ashtray debris tossed into such a container...or even a spark from a defective garbage disposal could ignite a fire that can rapidly consume your home.

- When you leave the house for the day, it is good practice to close all interior doors and do a doublecheck to see that the coffee pot or other appliance is unplugged. When you are gone the entire weekend or longer, fire officials recommend that you remove all plugs from their outlets, especially "instant-on" television sets.

The Naval Regional Medical Center Fire Department, located in Bldg. 36, offers a training course and orientation for new military and civilian personnel on a monthly, or as needed basis. This course is coordinated by Hazel Harlow (Ext. 2116), and its emphasis is fire safety and evacuation procedures. Instruction is given on recognition of hazards and use of fire extinguishers through lectures, practical application and films.

Students are also taken on a tour of the firehouse so that they may become aware of and understand the fire alarm system.

ROC Naval captain observes school

Captain Chen-hua (Samuel) Sha, elected to be the Republic of China's (ROC) Deputy Surgeon General of the Navy, left Naval Regional Medical Center Oakland today after observing preventive medicine training over the last 16 weeks.

Now Chief, Professional Division of the Chinese Navy's Medical Department, Captain Sha, 45, is the first Navy medical officer of that country to receive the Presidential Medal of Honor. He received it on a personal audience with the late Chiang Kai-shek on Jan. 1, 1970.

Other decorations include the Navy Distinction Medal, Order of Loyalty and Diligence, Navy Medal of Achievements, Navy Medal of Meritorious Services, and Order of Loyalty and Diligence (with one star).

His government also named him Outstanding Naval Medical Officer for the years 1964 and 1968, Outstanding Logistical Officer of the ROC Armed Forces (1968), Outstanding Governmental Officer of the Year (1968), and Outstanding Medical Officer of ROC Forces (1975).

Captain Sha has completed numerous training courses with the U.S. Navy, including studies at the Preventive Medicine Technician School here in 1965. In addition to his medical education, he has studied journalism and radio production, is a competent interpreter and translator, and has published and translated more than 50 books and articles.

The captain and his wife Ying-lan Yu-Sha are the parents of three children. The family remained in Taipei while Captain Sha was on temporary duty here.

FC donations averaging \$18

Although complete computations are not available as we go to press, Commander Alice Dyer, Project Officer, reports that Combined Federal Campaign (CFC) contributions are rolling in from MACO personnel with an average donation of \$18.40 each.

Commander Dyer is still confident of an early campaign wrapup and urges those who have not contributed, to do so now.

The payroll deduction plan, whereby a small amount is deducted from each person's paycheck over a certain period, is considered by many as the most "painless" way to contribute.

Base service station temporarily closed

The Navy Exchange Service Station at the center closed Sept. 28 and will remain closed for approximately three and a half weeks, officials have reported.

The closure is necessary to install an environmentally-required vapor recovery system, they explained.



ROC Navy Captain Chen-hua Sha

Masquerade

Annual ball plans complete

The night of Nov. 3 has been set for the Second Annual Medical Department Ball to be held in the Naval Regional Medical Center Oakland Officers' Club.

The annual command function this year will be a costume affair, with decorations in a Halloween motif. A member of the Commissioned Officers' Entertainment Committee which is planning the event, said those who do not wish to take part in the masquerade idea may, instead, wear coat-and-tie or appropriate dress.

Invitations have gone out to all Medical

Corps, Dental Corps, Medical Service Corps and Nurse Corps officers in the region. The committeeman said since there are approximately 600 in the region and the club's capacity is 400 persons, reservations will be made on a first-come, first-served basis.

The cost will be \$7.50 per person for those making reservations before Oct. 31; \$9 after that date. All reservations must be made either by mail or in person to Mrs. LaVerne Whittington in the office of the Director of Administrative Services.

The occasion will feature a steamboat round buffet dinner and there will be Navy bands for dancing. . . one up, featuring a variety of music types, and a three-piece combo in the Galleon Room. Prizes will be awarded for the most outstanding costumes.

Because of limited parking facilities near the Officers' Club, attendees will be permitted to park in the main hospital parking lot and a Special Services van will shuttle party-goers back and forth, beginning at 7 p.m. and ending at 2 a.m.

Programs planned for Navy's 203rd birthday

The U.S. Navy will celebrate its 203rd birthday next weekend, and at nearby large installations many activities are planned.

Among them:

Alameda Naval Air Station

An all-hands birthday ball will be held Thursday, Oct. 12 from 4 p.m. 'til 1 a.m. for all Navy personnel, E-1 thru O-10. Service Dress Blues for men and cocktail or long dresses for the ladies will be the dress of the gala evening. The U.S. Marine Corps Color Guard will give a loyal salute to the Navy with a colors presentation, and a Navy band will play for dancing. Tickets at \$7.50 each include a gourmet meal and are on sale in the Alameda CPO Club Office.

USS JOUETT

The guided missile cruiser USS JOUETT will be open to the public on Saturday and Sunday, Oct. 14-15, from 1 to 5 p.m. at the San Francisco Embarcadero, Pier 45 (Fisherman's Wharf). The open house will be highlighted by displays throughout the ship, and by the Navy Band, San Francisco, which will perform at 2:30 p.m. both days. Homeported in San Diego, the 547-foot long ship carries some of the Navy's most sophisticated armament, including surface-to-surface, surface-to-air and surface-to-subsurface weapons systems. She also holds full helicopter support capabilities.

Treasure Island

The 1978 Eleventh Naval District North Navy Ball for officers and civilian department heads will be held at the Fleet Admiral Nimitz Club on Friday, Oct. 13.

The affair begins at 7 p.m., dinner at 8 p.m., followed by dancing at 9 p.m. Two combos from the Navy will be on hand for listening and dancing pleasure. "Wave Length," a group with big band swing, will perform in the main dining room, and in the Treasures Room, "Nautilus" will entertain patrons with disco sounds. In addition, the Navy Band, San Francisco will also perform a special musical salute written and scored especially for the Navy birthday. Reservations will be accepted and confirmed upon receipt of \$25 a couple or \$15 per person. Make checks payable to Navy Birthday Ball and mail to the Fleet Admiral Nimitz Club, Bldg. 140, Naval Support Activity, Treasure Island, San Francisco, CA 94130.

The Chief Petty Officers Mess Open will celebrate the birthday with a ball as well. This one will be held Saturday, Oct. 14 for enlisted personnel E-6 and above. A dinner featuring jumbo prawns, lobster tail, New York steak and prime rib, will begin at 6 p.m. A Navy salute and dancing with the Navy Band, San Francisco will follow. Price is \$6.95 per person. Reservations may be made by calling the CPO Club at 765-6211.

The Enlisted Club is having its dinner dance Friday, Oct. 13. A steamboat round dinner will be offered from 7 to 11 p.m. At 9 p.m., a live rock 'n roll band will perform and a disco will be offered in the Ace Deucey lounge. Price for the dinner had not been set by press time but the club manager said it would be between \$3.50 and \$4. Dress will be casual and reservations are required.



ADVANCED—Lieutenant Mike Powers (left), Officer in Charge of NRMCO's Fallon Branch Clinic, offers his congratulations to four new hospitalmen. They are (l to r) HN Ramon Bundalian, HN George Bailey, HN Bob Cordner and HN Carl Bernstein.

(NAS Fallon photo)

ICU to move to Sixth Deck

The Intensive Care Unit (ICU) will permanently move from the Ninth Deck to the Sixth Deck of the hospital on Monday, Oct. 16, following completion of installation of a modernized medical storage system.

On Oct. 23, the Cardiac Care Unit will temporarily move to the same area as the ICU for one week only, while similar instructions are made in its normal location on the ninth deck.

The ICU now combines both surgical and medical intensive care in a 10-bed facility.

A little more pay is on the way

Military and civilian personnel will soon be getting slightly fatter checks as a result of a 5.5 percent pay raise effective on the first day of the first pay period that began on or after Oct. 1.

Basic pay, subsistence allowance and quarters allowance each will be increased 5.5 percent, with no reallocation from basic pay to the allowances.

According to the law, the President must adjust pay of military personnel and general schedule federal government workers each year to keep it comparable with pay of civilians in the private sector.

An 8.4 percent increase would keep the pay of military and federal employees comparable this year, but the President proposed a 5.5 percent increase to help halt inflation.

Following is unofficial schedule of new military compensation:

MILITARY													
(Rounded off to nearest dollar for ease in tabulating)													
Grade	-2 (yrs.)	+2	+3	+4	+6	+8	+10	+12	+14	+16	+18	+20	+22 +26
(Officers)													
O-10													59672
O-9													59632
O-8											52585	--	56140 56143
O-7											49551	49490	49563 49555
O-6								30686	31617	35836	37413	38112	40029 42973
O-5				26499	26509	26534	27184	28369	29934	31820	33397	34262	35299 --
O-4	18998	22129	23295	23310	23550	24385	25702	26881	27905	28923	29603	--	-- --
O-3	17478	19031	20040	21699	22530	23186	24190	25167	25682	--	--	--	-- --
O-2	15241	16295	18810	19308	19627	--	--	--	--	--	--	--	-- --
O-1	12927	13323	15460	15460	--	--	--	--	--	--	--	--	-- --
(Officers with 4-plus years' enlisted service)													
O-3	--	--	--	--	22596	23187	24190	25167	26009	--	--	--	-- --
O-2	--	--	--	19301	19623	20126	20966	21634	22123	--	--	--	-- --
O-1	--	--	--	15455	16306	16795	17287	17782	18445	--	--	--	-- --
(Warrants)													
W-4	--	--	--	--	--	--	--	22537	23364	24024	24529	25175	25856 27514
W-3	--	--	--	--	--	18752	19604	20098	20598	21078	21590	22252	22904 23566
W-2	14532	15375	15361	15691	16329	17002	17490	17984	18473	18984	19478	19970	20611 --
W-1	12500	13752	13756	14567	15047	15534	16014	16520	17003	17492	17980	18498	-- --
(Enlisted)													
E-9								20094	20439	20799	21152	21471	22355 24078
E-8						17017	17326	17672	18024	18379	18707	19065	19934 21662
E-7			13972	14314	14663	14988	15330	15678	16195	16535	16883	17046	17913 19640
E-6	11475	12117	12458	12817	13151	13490	13835	14341	14667	15007	15177	--	-- --
E-5	10268	10838	11180	11489	11970	12313	12659	12991	13162	--	--	--	-- --
E-4	9523	9876	10262	10797	11084	--	--	--	--	--	--	--	-- --
E-3	8883	9216	9476	9740	--	--	--	--	--	--	--	--	-- --
E-2	8469	--	--	--	--	--	--	--	--	--	--	--	-- --
E-1	7745	--	--	--	--	--	--	--	--	--	--	--	-- --

Following is unofficial schedule of new salaries for General Schedule (GS) civilian employees.

GENERAL SCHEDULE RATES										
(5.5 percent increase)										
	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9	Step 10
GS-1	\$6,561	\$6,780	\$6,999	\$7,218	\$7,437	\$7,656	\$7,875	\$8,094	\$8,313	\$8,532
2	7,422	7,669	7,916	8,163	8,410	8,657	8,904	9,151	9,398	9,645
3	8,366	8,645	8,924	9,203	9,482	9,761	10,040	10,319	10,598	10,877
4	9,391	9,704	10,017	10,330	10,643	10,956	11,269	11,582	11,895	12,208
5	10,507	10,857	11,207	11,557	11,907	12,257	12,607	12,957	13,307	13,657
6	11,712	12,102	12,492	12,882	13,272	13,662	14,052	14,442	14,832	15,222
7	13,014	13,448	13,882	14,316	14,750	15,184	15,618	16,052	16,486	16,920
8	14,414	14,894	15,374	15,854	16,334	16,814	17,294	17,774	18,254	18,734
9	15,920	16,451	16,982	17,513	18,044	18,575	19,106	19,637	20,168	20,699
10	17,532	18,116	18,700	19,284	19,868	20,452	21,036	21,620	22,204	22,788
11	19,263	19,905	20,547	21,189	21,831	22,473	23,115	23,757	24,399	25,041
12	23,087	23,857	24,627	25,397	26,167	26,937	27,707	28,477	29,247	30,017
13	27,453	28,368	29,283	30,198	31,113	32,028	32,943	33,858	34,773	35,688
14	32,442	33,523	34,604	35,685	36,766	37,847	38,928	40,009	41,090	42,171

Maternity uniforms allowance approved

A \$36 maternity uniform allowance for pregnant enlisted women has been authorized, effective Oct. 1. The allowance will cover the cost of the Navy maternity uniform now available through the Navy Exchange.

Optional wear of either the maternity uniform or appropriate civilian attire is permitted through the remainder of this year. Women who will be released from active duty before Jan. 1, 1979 may not draw the ma-

ternity uniform allowance.

After Jan. 1, wear of the maternity uniform will be mandatory for all pregnant women in the Navy when a uniform is normally worn. (CNO NEWSGRAM)

Former chief commissioned

Former HMC James S. Hogerson, Administrative Assistant to the Chief of Medicine, is now an Ensign in the Medical Service Corps (MSC).



Ensign James S. Hogerson

Foreman here dies suddenly

Death came suddenly last Friday night to Mr. William "Henry" Hendrix, a wage supervisor foreman in Food Services.

Mr. Hendrix, in his early 50s and an employee of NRMCO for more than 13 years, was on duty that day. Following his shift, he visited at his aunt's home in Oakland where he was taken ill. He died later the same evening in Kaiser Hospital, reportedly of a heart attack.

At this writing, funeral arrangements are pending.

Mr. Hendrix leaves relatives in Oakland and in Texas.

Ensign Hogerson, 32, was commissioned last week under provisions of the Inservice Procurement Program. He detached Sept. 29 for Bethesda, Md., and following MSC orientation, will be assigned to 2nd Force Service Support Group, Camp LeJeune, N.C.

Of his commissioning, the new ensign said: "(I am) obviously pleased at what I consider a significant event in my career. The Navy has afforded me many opportunities to advance and rewarded me for the accomplishment of common and personal goals. I view this promotion in that light and encourage others to pursue their goals with the assurance that success is within their grasp."

His career goal is financial management, but he said he hopes to precede that with a variety of administrative exposures.

Mr. Hogerson, in his second of two separate tours at Naval Regional Medical Center Oakland, has more recently been assigned here two years. Other billets during his more than 12 years of service have been with Naval Hospital Beaufort, S.C.; 2nd Marine Division, Camp LeJeune; Ill

MAF, Vietnam; National Naval Medical Center, Bethesda, and Naval Regional Medical Center, Guam.

The Hastings, Nebraska native attended the University of Nebraska for a year and a half before joining the Navy. He has subsequently studied at University of Guam, Ohlone College, and Southern Illinois University, from which he received a bachelor of science in health care services earlier this month. Military schools completed were Hospital Corps School, Great Lakes, Ill.; Field Medical School, Camp LeJeune, and Radiological Technician School, Bethesda.

Mr. Hogerson has earned the National Defense Ribbon, Vietnamese Campaign and Service medals, the Vietnam Cross of Gallantry, three Good Conduct Medals, a Combat Action decoration, the Navy Unit and Meritorious Unit citations.

He participated in Navy golf competition for several years and enjoys photography and reading.

Ensign Hogerson had been making home in Fremont with his wife Jean and stepdaughter Gretchen.

Nurse in spotlight:

Lieutenant (junior grade) Jean E. Quindag is singled out this issue for "consistent cheerfulness and pleasant personality which immeasurably aids morale of the staff of her ward, as well as her willingness to do any task," a Nursing Service spokesman said.

The San Francisco-born nurse can be found either in the Intensive Care Unit (ICU) or in the Recovery Room (RR), offering bedside care, and says she is challenged by the acutely ill patient and enjoys working at these two sites, "learning something every day."

Lieutenant Quindag received her bachelor of science in nursing from University of San Francisco in May 1975. She attended Navy Officer Indoctrination School the following summer, and came to Naval Regional Medical Center Oakland in September 1977. Here she has been assigned to Obstetrics-Gynecology, Orthopedics, Surgery, Medicine, back to Surgery, and subsequently to ICU/RR.

"My dad had been in the Military Sealift Command for 30 years, and never would he have imagined me in the Navy (and he is quite proud of it)," she said. "I guess I inherited his desire to find new adventures, see the world and meet people since I was small. I had many cousins join the Navy and enjoyed listening to their stories of adventure and fun."

She continued, "In college, I'd find myself listening to the various military recruiters. When I graduated, I was left with the task of finding a job. Nothing really attracted me so I decided to join the Navy and 'see the world.' Actually, I have no regrets. It gave me the opportunity to meet people from all over the U.S.; travel with friends as far as Europe; share various experiences, ideas and feelings; enjoy and appreci-

'Challenged by acutely ill'

ate life even more; grow as a person and learn and meet challenges in nursing."

Lieutenant Quindag recently extended here for one year in order to have more time to enjoy her new career in the Nurse Corps. She told a reporter she is seriously looking at the Navy's potential growth and service, and may well apply for augmentation into the Regular Navy on this, her first tour of duty.

On her off-duty time the young nurse plays the piano, works on handicrafts, reads, dances, travels, and "enjoys being with people."



Dr. Lestage to visit here

Captain Daniel B. Lestage, MC, Special Assistant to the Surgeon General for Operational Medicine, will visit Naval Regional Medical Center Oakland Oct. 12 for the purpose of meeting with all interns and general medical officers to discuss operational medicine objectives, future plans, problems and career opportunities.

A meeting has been scheduled that day at 3 p.m. in the Clinical Assembly, Bldg. 500. All interns are required to attend, and general medical officers assigned to the region and those assigned to operational billets in this area are encouraged to attend.

An open discussion for exchange of ideas will be encouraged, a spokesman said.

SPORTS

'The Rebels' honored by Nursing Service

There was an unusual party a couple of weeks ago in the Nursing Detail Office. Festive streamers draped from the ceiling over a beautifully-decorated table ably groaning with cookies, punch, beer, trophies and a scrumptious sheet appropriately adorned with bats, balls and words of congratulations. Guests of honor at this festive occasion hosted by the Nursing Service were members of NRMCO's women's softball team, "The Rebels," runner-up in the All-Navy meet. Earlier the ladies had taken the 11th District North title and subsequently the West Coast regional finals. A narrow defeat by the East Coast team edged them out of the Navy title in Florida. According to NAVY TIMES, however, at least one of the center's players, HM3 Pat Lieb, who with Lieutenant Genella Mussell was selected to join the All-Navy All Stars, went all the way as winning pitcher in

the Interservice Tournament against Air Force at Sheppard Air Force Base, Texas, where Navy drowned Air Force, 8-3. Pat works in Neuropsychiatry and Genella in the Nursery.

Present to offer personal congratulations to "The Rebels" at the recent party were Rear Admiral Walter M. Lonergan, Commanding Officer, and Captain Lee Peterson, Chief of Nursing Service. Admiral Lonergan announced that special jackets are on order for all the team members.

In addition to Genella and Pat, team members are LTJG Lynn Gormley, LTJG Denise Boutin, HM3 Ann Eckersall, LT Kathy Roberts, LTJG Sue Smalling, LT Nina Hemelgarn, HM3 Cindy Horvath, HM3 Jan Koprznak, LTJG Judy Kohlhausen, LT Vickie Goff, LTJG Sandy Youmatz, HM2 Karri Steiger, HM3 Amy O'Byrn and Ensign Nancy Hoffman.

Coaches are LTJG Ron Adams and HM1 "Woody" Wood.



A WINNER—Rear Admiral Walter M. Lonergan, Commanding Officer, places a medallion around the neck of Pat Lieb of "The Rebels." Pat was selected pitcher for the All-Navy team which captured the Interservice Women's Slow-Pitch Softball Tournament at Sheppard Air Force Base, Texas. She was also picked as pitcher for the Interservice All-Star Team.

'Most beautiful race' to benefit mentally ill

"The World's Most Beautiful Race" will be run through San Francisco's most scenic areas as the first San Francisco Mayor's Cup Marathon is held Oct. 29.

Runners from all over the country are expected to enter the race scheduled to begin at Treasure Island at 7 a.m. The marathon race, sponsored by The Guardsmen, will follow a course over the Bay Bridge, through Fisherman's Wharf, past Fort Mason, the Marina Green, and on into historic Fort Point, up past the Golden Gate Bridge through the Presidio to the Palace of Legion of Honor, south along the Pacific Ocean to Lake Merced, to finish in Golden Gate Park's polo field.

A pre-registration deadline has been set for Oct. 23 for the Pacific Association A.A.U.-sanctioned event. All runners must have 1978 A.A.U. cards. Awards will be given in overall, men's and women's age groups and military categories.

Entry fee for those registering by Oct. 23 is \$8 per person, from Oct. 23-27, \$10. Entry fee includes a free T-shirt for each participant.

The Guardsmen, a service organization of business and professional men, will use the proceeds to benefit the mentally handicapped.

For race information, contact their office, 12 Geary Street, San Francisco, or call (415) 989-6402.



OFFICIAL CUTTERS—Cutting the cake for guests at the Nursing Service-sponsored party for "The Rebels" were (l to r) Captain Lee Peterson, Commander Alice Dyer and Commander Joan MacEnery.

In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge The Guardsmen, Pacific Association A.A.U., and other sponsors for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participating in said athletic event. I attest and verify that, I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature _____
(Parents' signature required if under 18 years of age)
Print Name _____
Street _____
City _____ State _____
Zip Code _____ Telephone _____

APPLICATION ENTRY FORM

Club Affiliate _____
Age (as of October 29) _____
Sex _____
Active Military (Yes/No) _____
A.A.U. No. _____ For A.A.U. Membership—Apply to local Chapter

Return entry form with remittance to:

Mayor's Cup Marathon/The Guardsmen
12 Geary Street, San Francisco, California 94108 • Telephone 989-6402

Please send self addressed stamped envelope
Make checks payable to The Guardsmen

Kudos. . .

The following personnel have been recently cited for outstanding service:

HN Kim Janine Sharp, Laboratory, Letter of Commendation.

HM2 Michael Lee Walker, Psychiatry, Letter of Commendation.

Little acorns. . .

Naval Regional Medical Center Oakland recently gained three more "family" members, born here. They are:

A boy to Lieutenant and Mrs. Michael G. Levrini, Physical Therapy, Sept. 4.

A girl to Lieutenant and Mrs. Robin B. Brown, Nursing Administration staff, Sept. 4.

A girl to Mr. John and HR Sophia Vallario, X-ray Department, Sept. 5.

Enlisted advisors meet Oct. 18

The next meeting of the Enlisted Advisory Board is scheduled for Wednesday, Oct. 18 at 1 p.m. in the Commanding Officer's Conference Room, third deck, Bldg. 500.

If you are an enlisted E-1 through E-9, you're invited to attend the meeting to present gripes, brainstorm, or just sit and send out vibrations, a spokesman said.

The board aims to make this base a better place to live and a better place to work, he added.

If you cannot attend the Oct. 18 meeting, but have some ideas you'd like to contribute, submit them to one of the following:

HMCM Steve Brown	Ext. 2358
HMCS Jim Cordiero	Ext. 2523
HM2 Lee Brooks	Ext. 2075
HM3 Tom Connell	Ext. 2237
HMC John Chetister	Ext. 2027
HMC Dale Frazier	Ext. 2584
MS1 Amado Mateo	Ext. 3078
HM2 Ed Caburian	Ext. 2027
HM2 Richard Fenton	Ext. 2271
HM3 Tom Kirwan	Ext. 2311
HM3 Terry Mazerolle	Ext. 2471
HM3 Debra Laxton	Ext. 2234
HN Kate Pussehl	Ext. 2396

Reenlisted

Recently signing up for another hitch in the Navy were:

HM2 Phillip B. Nicolay, Physical Therapy

HM2 Ronald L. McAdam, X-ray

Columbia offers TI, OAB classes

Columbia College is now registering students for its Oct. 16-Dec. 9 session. Courses are open both to beginning students and to those with previous college work.

New to the Columbia curriculum are "Literature of the Great Wars" and "The Effective Executive." "Literature of the Great Wars" is a study of fiction about World Wars I and II; "The Effective Executive" deals with decision-making in complex management situations.

Other courses being offered by Columbia are:

At Treasure Island—"Group Processes," "Criminal Courts," "Recent U.S. History," and "Principles of Marketing."

At Oakland Army Base—"Accounting I," "Small Business Management," "Psychology of Adolescence," "Juvenile Justice Process," and "English Composition I."

Columbia is a fully-accredited, four-year college with campuses at Treasure

Island, Oakland Army Base, Hamilton Force Base, Petaluma Coast Guard Training Center, and Sharpe Army Depot. Classes are open to active duty men and their dependents and to Department of Defense civilians. Students seeking degrees may pay for their courses through VA benefits, personal payment or tuition assistance.

The Columbia degree program is based on five concentrated eight-week sessions per year with courses meeting one night per week. This schedule allows individuals working full-time during the day to accumulate as many as 30 hours of credit per year. Another noteworthy aspect of Columbia is its awarding of credit for military schools and for CLEP exams. Degrees are offered in Business Administration, Administration of Justice, Psychology, History-Government, and Individual Studies. For further information, or for an appointment, phone Larry Blades or Sgt. Michael at (415) 397-5613.

Special Navy days at Marine World

Marine World Africa USA (near San Mateo) will honor the Navy on Saturday and Sunday, Oct. 21-22, with special discounts for Navy personnel and their dependents.

The special admission prices will be adults, \$5 (normally \$6.95); children, \$2.75 (normally \$3.95). The price includes admission to all shows, attractions, and new "Whale of a Time World Playground."

Among the many features are the Killer Whale Show, Waterski and Boat Show, African Land Animals, Wild Birds, and many more.

For discount tickets, contact Special Services Ticket Office, Bldg. 38, Ext. 2479.



Seven augment

Seven Naval Regional Medical Center Oakland personnel have recently augmented into the regular Navy.

They are: Lieutenants **Vicki Goff** and **Janice Moran**, Nurse Corps; Lieutenant Commanders **Charles R. Rost** (Medical Service) and **Harvie D. Harrier** (Surgical Service), Medical Corps; Lieutenant Commanders **Marcia J. Sherrard** and **Barbara A. Schupeltz**, Nurse Corps, and Lieutenant **Richard L. LaFontaine**, Medical Service Corps.

MOVIES

Friday, Oct. 6	5 p.m.
THE PERFECT KILLER—Lee Van Cleef, Tita Barker, Drama, PG	
Saturday, Oct. 7	2 p.m.
FREAKY FRIDAY—Barbara Harris, Jodie Foster, Comedy, PG	
	3:45 p.m.
HEROES—Sally Field, Henry Winkler, Comedy, PG	
Sunday, Oct. 8	2 p.m.
SEPT. 30, 1955—Richard Thomas, Susan Tyrrel, Drama, PG	
Monday, Oct. 9	
CLOSED—HOLIDAY—NO MOVIE SHOWN	
Tuesday, Oct. 10	5 p.m.
RETURN FROM WITCH MOUNTAIN—Bette Davis, Drama, G	
Wednesday, Oct. 11	5 p.m.
HARPER VALLEY PTA—Barbara Eden, Ronny Cox, Comedy, PG	
Thursday, Oct. 12	5 p.m.
DRACULA'S DOG—Jose Ferrer, Michael Pataki, Horror, PG	
Friday, Oct. 13	5 p.m.
SUNDANCE CASSIDY & BUTCH THE KID—John Wayne, Karen Blake, Western, PG	
Saturday, Oct. 14	2 p.m.
RIDE A WILD PONY—Michael Craig, John Mellon, Comedy, G	
	3:40 p.m.
A PATCH OF BLUE—Sidney Poitier, Shelley Long, Drama, PG	
Sunday, Oct. 15	2 p.m.
THE GLEN MILLER STORY—James Stewart, June Allyson, Musical Drama, G	
Monday, Oct. 16	5 p.m.
THE RESCUERS—Animated cartoon comedy, G	
Tuesday, Oct. 17	5 p.m.
THE END—Burt Reynolds, Joanne Woodward, Comedy, PG	
Wednesday, Oct. 18	5 p.m.
BILLION DOLLAR HOBOE—Tim Conway, Will Geer, Comedy, G	
Thursday, Oct. 19	5 p.m.
THE WICKER MAN—Edward Woodward, Britt Ekland, Horror, R	
All movies are shown in Clinical Assembly Theater, Bldg. 500	

published since '42

Oak Leaf lights 36th candle

Monday, OAK LEAF will reach the ripe old age of 36. It was on Oct. 23, 1942, that the U.S. Naval Hospital, Oakland, published its first edition of the station paper "You Name It!"

It was a six-and-a-half by eight inch mimeographed, eight-page publication and had an editorial staff of two.

The Commanding Officer, Dr. (Captain) Frederick R. Hook, is quoted on Page One:

"This is the first issue of what we hope will prove to be a very useful paper. Its function is to disseminate informa-

tion and provide amusement for our patients and staff. To be successful it must have the support of all of us. God speed the 'YOU NAME IT.'"

A prize was offered for a suitable name for the publication, and about three weeks later, the name OAK LEAF was selected from a field of about 20 submissions, which also included one suggestion to name the paper THE PEN AND THE PILL!

By today's military journalistic standards, the first edition of

Continued on page 4

THE

OAK

LEAF

Naval Regional Medical Center, Oakland

Vol. 40 No. 20

Friday, October 20, 1978

GUARD III

New detailing program for enlisted personnel

The Chief of Naval Personnel has announced establishment of a new guaranteed assignment retention detailing program (GUARD III) which will extend provisions of the GUARD II reenlistment program to career petty officers.

Under the GUARD III reenlistment program, enlisted personnel are provided two guaranteed assignments, one of which must be used at the first reenlistment. The second guaranteed assignment may be used at any time before the member begins his 25th year of service.

Personnel who have already had two guaranteed assignments under either GUARD I or II in their first 10 years of service will be entitled to an additional GUARD assignment as a benefit.

GUARD III was phased in on Oct. 1 for all E-4s through E-6 (and eligible E-3s) with two or more years of active service less than 13 years' active obligated service at EAOS, and E-7 through E-9 personnel with less than 25 years' service. The second phase of the program will begin no later than Oct. 1, 1979, when all E-4 through E-6 personnel with more than 13 years but less than 25 years' active service at EAOS will be eligible to participate.

Some of the eligibility requirements that apply for active duty navy and USNR enlisted personnel are that you be within 12 months of EAOS, not be under PCS orders at the time of reenlistment, be eligible for the duty you request, have a consistent record of above average performance or a trend toward improved performance, and be recommended for reenlistment by the commanding officer or officer-in-charge.

To get the complete details on GUARD III, see the personnel office and ask about BUPERS Notice 1306 of June 21, 1978 (NES)



MID-PERSONS—HM3 Gerald Earegood (left) and HA Robert Cordner of NRMCO's Fallon (Nev.) Branch Clinic began a Monday morning's duty with excitement a couple of weeks ago. Responding to a call from one of the NAS Fallon's housing areas, the corpsmen were dispatched to pick up Mrs. John Deaton who was having labor pains and transport her to a Reno hospital. About five miles west of Fallon, however, the mother started delivery of her child. Cordner informed ambulance driver Earegood who pulled the vehicle to the side of the road and immediately took charge of the safe delivery of a 6 lb. 3 oz. baby boy. Both mother and child are reported doing well.

(NAS Fallon photo)

**Medical Department
Masquerade Ball
Nov. 3, 1978
NRMCO Officers Club**





Oak Leaf slims down for two fall editions

So OAK LEAF looks skinny to you this week, does it?
And the latest-breaking news isn't to be found?

Of course there's a reason for it. . .and it certainly isn't
lack of news at Naval Regional Medical Center Oakland!
It's lack of an editor, that's what.

Like all human machines, Ye Olde Ed must once in
awhile pause for a battery recharge, and as you read this,
your editor is hopefully getting that recharge on a luxury
liner over in the Mediterranean and Black Seas.

Since OAK LEAF is a one-person operation, this issue
and the one for Nov. 3, was "put to bed" before Oct. 6.

Now that you know all the backroom secrets, we hope
you'll understand. Thanks for your patience.

—Betty Beck



H₂O

Eight glasses a day said best way

Doctors these days seldom prescribe that old-time health
remedy: "Drink eight glasses of water a day." Yet, as televi-
sion commercials have warned, it's not nice to fool Mother
Nature.

Old people, for example, who forget to drink anything for
days at a time, are brought into hospitals suffering from
dehydration. When water is forced into them, they recover.

Mother Nature has composed every living thing, whether a
sunflower, whale, elephant or man, with 60 to 65 percent
water. As a consequence, we need to drink those eight
glasses a day to make up for body-water loss and keep the
percentage of water up to normal.

Another incredible example involves the British assault on
Mount Everest. For a number of years, Swiss expeditions had
failed in their attempts to scale that peak. The medical doctor
for the British expedition carefully studied the records of the
Swiss and noted that they had drunk only two to three glasses
of water a day, concentrating instead upon eating energy
foods. As a result, the doctor ordered the British climbers to
drink twelve glasses of water a day—and the peak was

Mind Changers

The hallucinogens are a class of illegal drugs that have re-
ceived a great deal of attention in recent years. They act dif-
ferently in the body than stimulants and depressants. They
seem to change the way we see and hear the world around us.
They produce hallucinations and delusions.

LSD

Probably the best known mind-changer is LSD ("acid"). It is
one of the most powerful chemicals known; an amount almost
too small to see with the naked eye is enough to cause disori-
entation for up to 12 hours. Continued use of LSD can result in
serious personality breakdown, although LSD does not create
physical dependence.

PCP

One serious drug of abuse, phencyclidine (PCP), is a tran-
quilizer for animals. PCP ("hog" or "angel dust") produces a
feeling of numbness in arms and legs, and hallucinations.
Sprinkled on tobacco or marijuana cigarettes or taken in cap-
sules, PCP can create temporary psychosis very much like
acute schizophrenia. It often leads to paranoia and has been
linked with serious violence.

OTHER HALLUCINOGENS

Mescaline is the active ingredient in the peyote cactus.
Psilocybin is the psychedelic drug in the so-called "magic
mushroom" found in Mexico. Both can cause hallucinations—
fantasies of the mind. Both can be made in the laboratory but
rarely show up in the black market in pure form.

The black market laboratories continue to produce new
kinds of synthetic hallucinogens. "STP" is one such drug,
which has been found to be very dangerous. "MDA" is another.

reached.

Skeptics point out that too much credit was given to water
intake. Yet, controlled laboratory tests have borne out the
water consumption theory.

Doctors at Harvard University put a number of athletes on a
treadmill. The first group was given no water; they ran for
three and one-half hours, at a pace of five miles per hour, with
five minute rest breaks.

The second group was allowed to drink as much water as
they wanted; they went for six hours at the same pace.

Group number three was forced to drink as much water as
their bodies lost. They ran for seven hours, and were
going strong when the tests were halted.

The importance of water cannot be overestimated. Some
100 billion cells in that marvelous machine called the body
need water in order to function. All things considered, eight
glasses of water a day is a very simple requirement. So drink
up! (AFPS)

Mrs. Mary Smith transfers to CPS

OAK LEAF salutes Mrs. Mary Smith, formerly of Nursing Service, who has received a promotion as a staffing specialist trainee in NRMCO's Civilian Personnel Service.

Mrs. Smith, who had been Nursing Service secretary for the past four years, she will miss that service, but is really going forward to new learning experiences in Civilian Personnel and a Nursing Service spokesperson. It is clear that they will miss her, too. "During my time here," she has been the stabilizing force in this department, which handles all the administrative and personnel problems of what may be the hospital's most active department. She is an extremely vivacious, attractive individual, always pleasant, friendly (an) extremely valuable person for new nurses reporting. She is concerned about others, and is willing to listen, and sincere." Mrs. Smith first came to work at Oak

Knoll on Nov. 29, 1965 as a file clerk in the Outpatient Department. In 1966 she was promoted to clerk-typist, and in 1967 to ward clerk, joining the Nursing Service as its secretary in 1974.

In her tenure here, she has received five outstanding performance awards from four different commanding officers and was voted Outstanding Ward Clerk for five consecutive years by intern classes. She has also been an Equal Employment Opportunity counselor for four years.

Mrs. Smith, originally from Hot Springs, Ark., attended Agricultural, Mechanical and Normal College at Pine Bluff, and California State University at Hayward.

Her hobby is collecting birds, and she now has 43—all given to her by her co-workers.

Mrs. Smith says "I am very much a family person—the world revolves around my husband and my daughter." (Husband Ray is an executive with General Motors and daughter Shannon is five years old.)



Mrs. Mary Smith

Officers promoted; Enlisted advanced at NRMCO

The following Naval Regional Medical Center Oakland personnel have been promoted to rank indicated:

Commander

Enriquez, MC (Branch Clinic, Moffett)

Lieutenant Commander

James M. Wood, MSC (Branch Clinic, Treasure Island)

Lieutenant (Junior Grade)

Robert Boutin, NC

James M. Christie, NC

Shawnee K. Paulson, NC

HMCM

Leroy Ward

HMC

Guy Buckman

Ernest Dadis

James Enzman

Richard Montour

Luis Romano

HM1

David Crane

Stanley King

D'Ann Owens

Louis Wood

Michael Tracy

HM2

Gregory Johnson

Mary Mazerolle

Frederick Ruddeck

Bradley Martin

Thomas Batten

John Lancaster

Larry Stone

Gail Wilson

Toby Wilson



FALLON'S NEW STAFF PHYSICIANS—Recently reporting to NRMCO's Branch Clinic at Fallon, Nev., are Lieutenant Kerry C. Biermann, MC, and Lieutenant Rise B. Boyd, MC. Dr. Biermann came to Fallon from a previous billet at Naval Station Midway Island and Dr. Boyd reported from Aviation Medical Officer School at Pensacola, previously having been assigned to NRMCO Portsmouth, Va.

(NAS Fallon photo)

Comings and goings

"Fair winds and following seas" to the following personnel who have detached from Navy Regional Medical Center Oakland:

Nurse Corps Lieutenant Barbara Glass to Camp Pendleton, Calif.

Lieutenant Thomas Williams, MC, to Pensacola, Fla.

Lieutenant Lance W. Christiansen, MC, to Pensacola.

"Welcome aboard" to new reportees:

Lieutenant Commander John L. Taylor, MC, OB/GYN staff.

Lieutenant Robert J. Pelfrey, MC, Alameda Branch Clinic.

Lieutenant John M. Krafcik, MC, Treasure Island Branch Clinic.

Ensign Dennis J. Lee, Clinical Clerk.

Nurse Corps Captain Joan Morton

Dental Corps Commander George W. Oatis

Nurse Corps Lieutenant Junior Grade Roark Hayes

Lieutenant Peter W. Vann, MC, to Moffett Field Branch Clinic.

Lieutenant Michael A. Cassaday, MC, to Moffett Field Branch Clinic.

Commander Richard A. Golden, MC, Psychiatry.

Nurse Corps Lieutenant Ann Tomskey.

Off duty

Squash, anyone?

The Eleventh Naval District North Singles Squash Championships will be held at the Naval Air Station Moffett Field Gymnasium at 1 p.m., Oct. 24-26.

Each command may enter four singles players in the double elimination tournament and a match will be three out of five games.

Those interested locally should contact Mr. Ron Brown, Head, Recreation Section, NRMCO, at Ext. 2478 or 2479



CLINIC WINS CUP—Four Fallon Clinic corpsmen-athletes pose with the Fallon Naval Air Station's "Captain's Cup," a rotating trophy for overall superiority in sports. The Medical/Dental Department won the award for sports excellence in the 1976-77 season. Pictured, left to right are: HN George Bailey, HM3 Robert Markie, HM3 Gerald Earegood and HM1 "Mac" McDonald.

Billiards tourney at NAS Lemoore

Eleventh Naval District North will hold a continuous pocket Billiards Singles Tournament at Naval Air Station Lemoore, Nov. 3-4, commencing at 1 p.m. each day.

The tournament will be double elimination and 50 points will constitute a game. Each command may enter four men.

All contestants must check in with the Tournament Director at the Recreation Center, Bldg. 860, at 12:30 p.m., Nov. 3.

Awards will be provided by the Bureau of Naval Personnel.

Inquiries may be referred to Mr. Ron Brown, Ext. 2478-2479.

Halloween dance slated by SF USO

Halloween will be the theme of eerie disco dances at San Francisco USO 375 O'Farrell St., at 8 p.m. both Oct. 27 and Oct. 28.

Come in costume, come casual! Everyone is welcome, including goblins, Count Dracula, slithering ghosts and other horrifying creatures that make you shriek! Are you brave enough to come?

Remember, the two frightening nights when the Great Pumpkin grimaces glows at USO—Friday, Oct. 27 and Saturday, Oct. 28.

Chapel Schedule

CATHOLIC MASS

Sundays 8:30 a.m.; 12 noon

Weekdays 12 noon

PROTESTANT WORSHIP

Sundays 10:30 a.m.

Mid-week devotions (Monday thru Friday) 12:30 p.m.

Oak Leaf's 36th

Continued from page 1

OAK LEAF was an infantile, silly, sad excuse of a base paper. It was full of grammatical error, misspellings, absurd innuendos, and corny jokes.

Some of the examples in the Scuttlebutt (sic) column were lines such as this: "SCHULTZ, PhM3/c, has the prettiest pair of shorts with the preetiast (sic) little yellow ribbon around the bottom and we wonder to whom do they belong?" Part of the humor almost sacrilegiously poked fun at the announcements of a preacher—"Directly after the service there will be a baptism of adults and two adultresses. . . Tuesday the Ladies Auxiliary will hold an Ice Cream Social. All ladies giving milk come early. . . Wednesday the Little Mothers' Society will meet. All sisters wishing to become mothers meet the Pastor in his study at 7 o'clock this evening. . . This being Easter Sunday, Sister Johnson will come forward and lay an egg on the pulpit. . . Thursday there will be a meeting in the church at the North end, also at the South end. People will be baptized at both ends. . . Next week there will be a meeting of the Ladies Literary Society to sing, 'Put Me In My Little Bed,' accompanied by the Minister. . . We will then be dismissed by singing the good old hymn, 'Little Drops of Water.' Will some good sister start 'Little Drops of Water,' and the congregation will follow in a stream."

Although every sentence in the original paper was editorialized, there was some meaty information too. Honorable mention went to "CORDLE, Jesse L., WT1/c-injured in one of the battles which proved so disastrous to the Jap Fleet—for his ever ready smile and his plunky spirit which shows the TRUE MORALE of our mates at sea. . . hoping his advanced rating comes soon. . . WARRANT J.G. LOTT. . . MISS EMILIE M. EDWARDS, A. R. C. Recreational Officer—you think she's your own Mother when she comes in a Ward-after talking to her you wish she was. . . GRANERE and DAVIS, PhM2/c's for their acts of kindness to the patients of 7-A. . . THE STATION KITTY-CAT for displaying her new family, to the

consternation of all concerned,—in front of the clubhouse. . ."

The Sports column described a boxing match "over 'Frisco' where the American Federation of Labor took boys." Divine Services featured a Catholic Mass at 0630, Protestant Worship at 0930, and an All Hands Singing at 1730. Playing at the Movies were "The Wife Takes a Flight" (Joan Bennett, Franchot Tone) and "To the Shores of Tripoli" (Maureen O'Hara, John Payne).

Ah yes, "we've come a long way, baby." OAK LEAF (although not always successfully) tries to be objective in reporting. . . to attribute opinions. . . to spell correctly. . . to inform a lot. . . to educate a little. . . and once in awhile, to add a little humor, intended or accidental. (A prime example of the latter was a recent article on Inner Running—somehow the editor didn't catch the printer's slip in the final proof, and the story encouraged everyone to meet at 1:30 a.m., instead of 11:30 a.m., at the tennis courts. If you took it seriously, you were alone, brother!)

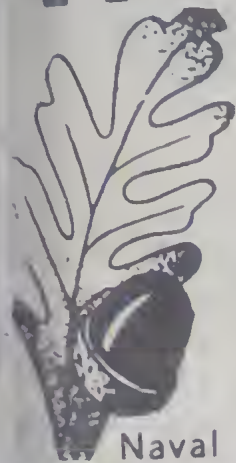
Do we sit here on a lofty perch and continue to criticize the original edition these 36 years later? **NOT ON YOUR LIFE!!!** This editor in those days was working at Mare Island Naval Shipyard and contributing similar drivel to the GLOBE PEVINE over there.

Those were the war years, kids, and the little bits of gossip and the corny jokes helped balance out our anxiety over our loved ones in uniform. . . our heartbreak over we wiped the blood off a gun mount to read the serial number. . . our butterless bread, our cardboard-soled shoes on the 55 to 60-hour work weeks.

Yes, Dr. Hook (God rest his soul wherever he is today) is totally correct in his statement that the paper's function was to disseminate information and provide amusement for patients and staff. And that little yellowed mimeographed sheet fulfilled that mission well.

Happy Birthday, OAK LEAF.

THE OAK LEAF



Naval Regional Medical Center, Oakland
Vol. 40 No. 21 Friday, November 3, 1978

Medical Department Masquerade Ball Nov. 3, 1978 NRMCO Officers Club

Shuttle transportation will be provided between the swimming pool parking lot, the mini-market parking lot and the Officers Club.



REMOTE STATION—An ambulance of NRMCO's Fallon, Nevada, Clinic pauses by a Navy A4A attack aircraft marking the main entrance to Naval Air Station Fallon, "The Biggest Little Air Station In the World." For a visit through the eyes of an OAK LEAF reporter to this most remote of all our clinics, see story this issue.

(NAS Fallon photo)

A salute to the American vet

Editor's Note: This year, Veteran's Day reverts to the old date of Nov. 11, and, according to Civilian Personnel, Nov. 11 will be designated a Federal holiday. In rummaging through the archives for something appropriate for this issue, the following old yellowed American Forces Press Service editorial popped up, and in my opinion, it is as timely today as it was several years ago. I hope you agree.)

What is a veteran? More specifically, what is the American veteran?

Well, the American veteran is many things and many people. He's tall, short, and sometimes medium. He's rich, poor, and of times middle-income. He's Catholic, Protestant, Jew, and several other religions. He's black, white, red, yellow, brown, and numerous shades between.

Above all, the American veteran is a patriot and not ashamed to show it. Wherever and whenever his country's flag was in jeopardy—at Bunker Hill and Hamburger Hill, at Saratoga and Santiago and Salerno, at Lexington and Leyte and Luzon—he was there, standing steadfast to see the United States through storm and strife.

He curses like a Patton and prays like a Washington. He is as gentlemanly and cultured as a Lee, as plain and forthright as a Carson or a Crockett. He is as scientifically knowledgeable as an Armstrong or as matter-of-factly savvy as a Boone.

His courage is legend, and he has demonstrated it wherever the sun rose on crisis and set on peace; from the breakout following the bitter winter at Valley Forge to the surrender of the redcoats at Yorktown; from the struggle on Lake Erie to the defeat of the British at New Orleans; from the firing on Fort Sumter to the discussion of terms at Appomattox; from the hell of the Argonne Forest to the Armistice at Compeigne; from the landing at Algiers to the capitulation at Rheims; from the attack on Pearl Harbor to the end of the Pacific conflict in Tokyo Bay; from the burst of shells on Seoul to the parleys at Panmunjom; from the defense of Saigon to, hopefully, the final peace negotiations at Paris.

The American veteran has a heart. After a fierce battle, he can be seen passing out chocolate bars and gum to the children of the very men against whom he was fighting. Deadly serious when the occasion demands, his other side also has a sense of humor.

(Continued to page 8)

Asbestos in the home; dispose safely

People exposed to asbestos on the job run the greatest risk of contracting asbestos-related diseases, **but there are some asbestos products in the homes of millions of others.** Two of the most common—some types of plaster-patching compounds and artificial ash-producing logs designed for use in gas fireplaces—have been banned by the Consumer Product Safety Commission (CPSC). However, there is still the problem of safely disposing of those products.

There is usually no way of telling if a plaster-patching compound contains asbestos just by examining the label—you must contact the manufacturer or call CPSC, toll-free, at (800) 638-2666. If the compound contains asbestos, either the manufacturer or CPSC will tell you how to dispose of it.

Completing a job

If you are in the final stages of repairing a wall with an asbestos patching compound, and you want to complete the job with the same material, do so as quickly as possible while following these instructions:

- **Wear a protective dust mask.**
- **Close all doors and windows leading into the room; seal air-conditioning and heating vents.**
- **Do not allow members of the family or pets into the room while the patching compound is being used.**
- **Sand the hardened compound gently.**

Disposal of ash

Disposing of artificial asbestos ash is another problem. CPSC estimates that more than 300,000 consumers have purchased artificial fireplace ash during the last 10 years.

Artificial fireplace ash, a material containing asbestos, is placed under logs in gas-burning fireplace systems, or in artificial fireplaces for decorative purposes. Asbestos material, which also may be glued to artificial logs, glows like real embers and ash when heated. (Fake logs, usually made of pressed wood which can burn, are not included in the CPSC ban and do not contain asbestos.)

IT IS NOT SAFE TO ALLOW ARTIFICIAL ASH TO REMAIN IN YOUR HOME. Consumers should remove the ash from their homes using the following procedures. You will need the following equipment:

- Two heavy-duty plastic bags.
- Two pieces of string or "ties" for fastening the plastic garbage bags.
- One flat-bottom scoop (sugar scoop, dust pan, or small, plastic toy shovel).
- A covering for the nose and mouth. These are available in most drugstores.
- One pump-action spray bottle such as is used to dispense window cleaner or for misting plants.
- A generous supply of paper towels or rags.
- A supply of newspaper.
- Washable or disposable clothing.

Preparation

Proper removal and disposal of the ash requires that you observe these preparatory steps:

- **Be careful not to create dust from the ash and embers in the fireplace.**
- **Clear the room of all other people and pets.**
- **Close all windows and doors that might cause a draft.**
- **Close the fireplace flue damper.**
- **Fill the pump-action spray bottle with water and two or three drops of liquid detergent. Do not make suds in the bottle.**
- **Put one plastic bag in the other.**
- **Cover your nose and mouth with a respirator or face mask. (Do not try to disconnect the gas line leading to the fireplace. This should be done only by a licensed plumber or gas company personnel.)**

Now you are ready to start removing the ash. **UNDER NO CIRCUMSTANCES SHOULD YOU TRY TO VACUUM THE ASH,** but follow these steps in order:

- Lightly spray the ash and embers with the mixture of water and detergent until the ash is thoroughly dampened. **DON'T POUR WATER** on the ash and embers while spraying.
- Using the scoop, put the ash and embers into a double plastic bag. If the ash and embers are in a pan located under the grate, put the entire pan into the bag.
- Put the scoop into the bag.
- With wet paper towels or rags, wipe the remaining ash and embers from the fireplace floor and surrounding area. Repeat the process to ensure that all of the substance has been removed.
- Wipe all fireplace tools and artificial logs with damp paper towels or rags to remove any possible ash and embers. Put the cloth or towels into the plastic bag.
- Put the face mask into the bag.
- Using the string or ties, secure the bag tightly. **DO NOT TRY TO REMOVE AIR FROM BAG.**
- All clothing worn should be disposed of before closing the bag, or should be washed immediately after use. Clothing should be washed separately from other household articles or other clothing. Do not shake clothing before washing.
- Take a bath or shower immediately after completing clean-up.

To dispose of the plastic bag:

- Attach the following label to the bag, printed in large letters—**CAUTION: CONTAINS ASBESTOS. AVOID BREAKING OR PUNCTURING THE BAG.**

Ask for Advice

- Call your local environmental services agency or health department for instructions on disposal. The numbers are listed in the white pages of your phone book.

Do not burn the bag in a trash barrel; do not take the bag to an incinerator, and do not put the bag in a trash compactor. (NES).

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

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Contributions from both staff and patients welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Navy Sabbath to be observed Nov. 10-12

Navy Sabbath will be observed Nov. 10-12 this year in accordance with a recommendation by the Conference of Ecclesiastical Endorsing Agents for the Armed Forces that the observance be on the weekend nearest to Veterans Day, Nov.

In past years, Navy Sabbath was held on the same weekend as the Navy Birthday celebration. The change to Veterans Day weekend was endorsed by the Navy Chief of Chaplains.

Established in 1966 by lay members of the Naval Reserve Association, Navy Sabbath observances seek recognition and

remembrance of Navy and Marine Corps men and women, active, retired and veteran for their sacrifices to the nation.

It also encompasses Navy and Marine Corps spouses, children and parents, and the members and relatives of the reserve components.

When the men and women of the Navy and Marine Corps have borne the fatigue of supporting freedom, their families, too, have served. These military families share anxious days of crisis, of separation and loss of contact.

Navy Sabbath, then, seeks prayers of thanks for past service and intercession for the future, and reminds Navy families that they do not serve an ungrateful nation. (NES)

Nurse in spotlight: 'Aids Esprit de Corps'

The charge nurse of Eighth Floor South has been cited by peers and superiors for "exceptional ability in handling his staff, and for his ability to aid esprit de corps on his ward." Lieutenant Raphael E. Kearns, Jr., calls Mobile, Alabama his hometown. He attended the University of South Alabama for one year, then enlisted in the Navy in 1967 as a hospital corpsman.

For 18 months he was assigned to the U.S. Naval Hospital Sasebo (Japan) as a ward corpsman in orthopedics and intensive care. This was followed by a year's duty as a corpsman with the 5th Marine Division, Camp Pendleton, Calif., and in another year as company corpsman with 1st Battalion, 2nd Marine Regiment, First Marine Division in Vietnam.

From 1971 to 1974 he attended Providence Hospital School of Nursing in Mobile, Ala., and following instruction at Nurse Corps officers' school at Newport, reported for duty to Naval Regional Medical Center Camp Pendleton, where he is assigned duties in the intensive care unit of the Vietnamese Refugee Camp.

Mr. Kearns has been with Naval Regional Medical Center Oakland since November, 1976.

He is a member of the American Association of Surgical Nursing and is married, the father of two daughters and a son.



WORKING TOGETHER—Nurse Corps Lieutenant Raphael E. Kearns, Jr. (right) and HM3 Richard Day assist each other in doing a dressing change on a bed patient.



Ensign Stephen C. Naylor

Ensign Naylor goes full circle

It's the second time around 7 West for Nurse Corps Ensign Stephen C. Naylor.

Four or five years ago he was the senior corpsman of the wing. Last March he reported once again to Naval Regional Medical Center Oakland, as an officer this time, and was assigned duty...on 7 West.

"It is interesting returning to Oak Knoll as a boot ensign and being assigned to the same ward that I started out on my first time in the Navy," he said. "I am looking forward to a long and fulfilling career in the Navy Nurse Corps."

Mr. Naylor, son of Mr. and Mrs. George E. Naylor, Jr., of Santa Monica, attended Whittier College from 1967 to 1969. He

subsequently served four years' active duty as a hospital corpsman, reaching the rate of second class, at San Diego, Oakland and aboard the USS JASON (AR-8).

In 1973 he returned to Whittier College and earned a bachelor of arts in biology, followed by two more years at University of California San Francisco School of Nursing where he was awarded a BSN.

The Navy nurse is a member of Sigma Theta Tau, Alpha Eta Chapter, National Honor Society of Nursing.

His wife Jill is an elementary school teacher and reading specialist. She holds a bachelor of arts from Whittier College and a master of science from Pepperdine University.

Fallon Branch Clinic in Nev.—



Even at 3:30 a.m. it was warm at Alameda Naval Air Station on that day last August when I reported to flight operations and added my name to the manifest for a Navy aircraft flight to Fallon, Nevada.

FALLON, NEVADA. . . AT THREE-THIRTY IN THE MORNING YET! I must be out of my cotton-picking mind. It would most likely be 110 degrees in the shade by mid-day and the flight up there probably very uncomfortable. . . one of those bucket-seat sideway military jobs like I occasionally flew in during the 1950s (when I was a lot younger).

Such were my thoughts as I finally groped my way away from the counter and into a seat in the passenger lounge. I was soon joined by **Lieutenant Commander William F. Kellogg** of the Laboratory Staff who kindly gave me first aid in the form of a cup of black coffee from a vending machine. Although we were on separate missions, we both were headed for the same destination. . . Fallon Naval Air Station.

After what seemed like hours, our flight was called, and after we had completed a security check-in (just like commercial flights), we walked out the door and over to a waiting plane on the landing strip.

And what a pleasant surprise that was! The aircraft was a C-9B, with comfortable, wide seats and carpeted floors. The only difference between this plane and the DC-9s of many airlines was an area forward with folding berths to transport bed-ridden or seriously ill patients.

Dawn's early light

We settled down comfortably into the deeply cushioned seats and lifted smoothly from the ground just as the morning sky began to lighten. The pilot introduced himself to the handful of passengers by intercom, and the flight attendants courteously informed us that coffee was being served aft.

The sun soon came up and we were able to observe the terrain below. There were purple-shadowed mountains with a few patches of snow remaining. . . some peaks with tall pinetrees. . . a few secluded lakes, and then dry, barren hills not unlike the bleak atmosphere the Apollo photos of the moon showed us a few years ago. And then we were dropping, skimming over expansive desert, with an occasional milky green alkali stream winding its way through the arid, desolate land. Within moments we landed at Fallon and taxied gently to the terminal.

By Betty Beck

"...AND THEN WE WERE DROPPING, SKIMMING OVER EXPANSIVE DESERT, WITH AN OCCASIONAL MILKY GREEN ALKALI STREAM WINDING ITS WAY THROUGH THE ARID, DESOLATE LAND. . ."

Hunger sets in

It was 0615, and Commander Kellogg and I were both starved. **HM2 Jonathan Lee** of Naval Regional Medical Center's Fallon Clinic met us and drove us in his own car to the Officers' Club. As we were stoking our hungry innards, we were joined by **Lieutenant James M. ("Mike") Powers**, Officer in Charge of the Branch Clinic.

Lieutenant Powers, who came to Fallon from BuMed last April, is the type of person who is a natural for Fallon. Western-born, moustached and booted, he is a distant relative of the U-2 pilot Gary Francis Powers and former California Governor and actor Ronald Reagan. The Medical Service Corps officer, a horseman, hunter and fisherman, is indeed in his element at Fallon, far from his previous desk billets with BuMed and BuPers in Washington.

"...THE BEST BUNCH OF CORPSMEN I'VE WORKED WITH IN 21 YEARS. . ."

"Our clinic is the biggest, best and only medical facility for many miles around," he said, adding, "these are the best bunch of corpsmen I've worked with in 21 years." (Later in the day those same corpsmen were to tell me privately that Mr. Powers was their greatest skipper as well, "he gives us complete support, he sees that we have the equipment we need, and he always has time to talk to us," one said.)

Training complex

Naval Air Station, Fallon, 28 years old, is a Naval aviation training complex serving primarily Pacific Fleet attack squadrons and entire carrier air wings. It also frequently supports Navy fighter reserve and Atlantic Fleet squadrons, regular and reserve Marine Corps squadrons deploying there for air weapons delivery training, usually for weeks at a time. The station uses, directly controls, 119,000 acres, all of which are in Churchill County, Nevada. More than 1,000 military and civilian workers are employed on the base, with military dependents bringing the total to about 2,400. . . exceeding half the population of the city of Fallon, six miles away to the northwest. NAS Fallon boasts the longest (14,000 feet) main runway in the Navy. (Its length is necessary for operations at 4,000 ft. elevation.)

Clinic Mission

It is the only base with medical facilities in the area, Lieutenant Powers explained, and his clinic serves more than 600 active duty officers and enlisted personnel and their nearly 1900 dependents and an increasing number of retired military who make their homes in the wide open space where much of the west's best hunting, fishing, skiing, camping, hiking and historical folklore are to be found. The clinic also serves personnel of a Coast Guard station to the west. . . plus treats civilians injured in industrial accidents. . . giving pre-employment physicals. . . serving as a medical backup to the Army's ordnance plant at Hawthorne. . . and providing non-physician services (such as pharmacy and lab) for dependents of retired military personnel.

Some of Fallon's Branch Clinic corpsmen are also members of the station's Search and Rescue (SAR) team, flying with the helicopter crew to rescue people in trouble as far away as Desolation Valley in the Lake Tahoe area.



BRIEFING—Clinic corpsmen brief the writer on medivac routine before the exercise. Left to right, they are: **HM2 Robert Wilson**, **HM2 Jonathan Lee**, **Beck**, **HM2 Michael A. McDonald** and **HM2 Robert Markie**.

NRMCO's most distant facility

Waiting patients

After we'd completed breakfast, we walked from the compact, but attractive officers' club to the clinic, a half-block way. Although it was still very early, the waiting room was packed with patients, and the 16 corpsmen on duty were busy serving their needs.

SAREX

Commander Kellogg, Lieutenant Powers and I parted company and **HM1 Michael A. McDonald** became my guide for the big event of the day. We were going on a SAR training exercise. He explained that three Fallon corpsmen, in addition to himself, the supervisor of clinical services, were members of the SAR team. They were **HM2 Robert Wilson**, who normally works in the operating and emergency rooms; **HM2 Lee** (who met me in flight), of pharmacy, and **HM2 Robert Markie**, who does duty in administration, pharmacy, laboratory and emergency room.

We piled into an auto and headed again for flight operations, joined by **JO1 Robert Anderson** of the base Public Affairs Office, who was along to take the photos accompanying this article.

... MAIN MISSION TO LOCATE DOWNED PERSONNEL AND EVACUATE THEM AS SOON AS POSSIBLE. ..."

Enroute to the terminal they told me the main mission was to locate downed personnel and evacuate them as soon as possible. The majority of the 12 to 15 rescues made each year in the area were inexperienced hikers or those stranded in deep snow. Fall and winter are the most active seasons for SAR members.

Rugged training

Training for the corpsmen is rugged. They must be in good physical condition, and all of them swim or do calisthenics every day. Regulations require that they have a minimum of four hours flight time every month. In addition, they are required to do running and an in-hangar exercise whereby they climb up into the rafters and practice repelling. They stand a double watch—as a corpsman for the clinic, and as a member of the SAR duty team, and therefore log 15 watches a month.

HM2 Wilson has received two or three letters of appreciation during the two years he has been participating in the rescues, and the unit has had numerous commendations from military and civil authorities. "Sometimes we find a sad situation, but most of the rescues are quite rewarding," one corpsman said.



GENTLE DELIVERY—Our UH-1N "Huey" chopper sets down smoothly under the guidance of pilot Lieutenant Bud Manning on a lava peak to disembark photographer Anderson.

Last year, NAS Fallon search and rescue efforts consisted of 14 missions totaling 43.6 flight hours. Seven pilots and 16 crewmen participated in missions which included seven medevacs, four mountain or remote area rescues, and three remote area searches. NAS Fallon also contributed to the search for a seven year old boy lost in Yosemite National Park by transporting tracking dogs and their handlers to the search scene.

1978 missions

In 1978, typical rescues have been:

- Rescue of a young man and a young woman, cross-country skiers two days overdue.
- Medevac of one injured survivor of an aircraft crash, and transportation of the other victim's remains.
- Medevac of injured pilot of another aircraft crash.
- A tricky airlift of a male civilian with a broken hip from an 8,700-foot level in Yosemite.
- Medevac of a hiker with broken neck and internal injuries from the Sierra Nevada mountains west of Lake Tahoe.
- Rescue of hiker with a severe head injury; from a sheer rock face near June Lake in Mono County.
- Medevac of still another hiker, this one with broken knee and ankle, from Ropi Lake in Desolation Wilderness area.
- Transport of two severely injured motorists in auto accident near Bridgeport to Washoe Medical Center, Reno.
- Medevac of elderly women in coma from South Lake Tahoe to Sacramento Medical Center.

Crew ready

As we arrived at the hangar our crew was waiting. The pilot was **Lieutenant Bud Manning**; co-pilot, **Lieutenant Phil Tetlow**. The other three members of the aircrew were **AE1 Don Loper**, **AMS2 Richard Kimball**, and **ADAN Jeff Van Sickle**. The UH-1N "Huey" chopper was also ready. First, however, we all had to put on flight gear and helmets. Co-pilot Tetlow kindly loaned me one of his jumpsuits and another of the SAR team gave me a helmet. After I'd rolled up the too-long pants and sleeves and we'd hooked our helmet radios into the inter-

com system, we buckled up and as soon as the tower OK came, we swooped off the ground in a sideways motion not unlike an intoxicated Monarch butterfly after an October night gorging on the sap from Pacific Grove trees.

Prehistoric site

Our destination was Grimes Point Landing, site of a prehistoric Indian encampment on top of one of the nearby mountains. The crew picked an appropriate landing site, dropped a blue smoke bomb to ascertain wind direction, and gently set down **JO1 Anderson** at an advantage point for photography.

"... ONCE AIRBORNE ON TOP OF THAT MOUNTAIN WITH ITS GUSTY WINDS, I CHICKENED OUT. ..."

(Continued to page 6)



COMMUNICATIONS CHECK—**AE1 Don Loper** (left), one of the SAR aircrew and **HM2 Jonathan Lee**, medic for the exercise, check out the walkie-talkies before boarding the chopper.

Photos by

JO1 Bob Anderson

NAS Fallon

Fallon Clinic

(Continued from page 5)

Editor is chicken

The original, but flexible, plan was that I would play the role of the victim, so that I could get a real feel for the exercise and share it with all you good readers. Alas, however, once airborne on top of that mountain with its gusty winds, I chickened out. (In scanning my notes these many weeks after, I see a note passed me in flight by HM2 Lee, who obviously concerned over my green palor, had written "Are you sick?" To which, I shook my head and wrote "Just hoping the seat belt holds!")



AT THE READY—Aboard the chopper, corpsman Lee is suited up and ready to repel from the aircraft. Rugged physical training keeps him in shape for the 200-foot descent.



IN SPACE—The hospital corpsman (arrow) is caught by the camera in mid-air as he calmly repels from the hovering helicopter to a distant slope.

So First Class Don Loper, a veteran of many SAR exercises and a certified parachute jumper, went in my place. He repelled into the lava rock formations below and was soon followed by Lee, the corpsman on the exercise. The communications from Lee on the ground with a PRC-9 walkie-talkie to the chopper's radio came in loud and clear over the helmet's earphones as we did a high hover of about 200 feet and tailwinds rocked the helicopter. The Stokes litter was next lowered by hoist, and within 40 seconds "Patient" Loper was strapped in the Stokes and being hoisted into the aircraft. The aircrew was very busy at this point, giving hand signals to the corpsman on the ground, taking slack on the belay line just in case the hoist cable broke. Not more than a minute elapsed, it seemed, before the Stokes was gently glided into the chopper beneath my knees. There Loper lay, cool as a cucumber and with a tumbleweed for company in the litter.

We circled back for the medic, and he rapidly ascended on hook and belay line. Once more to the mountain crest to set down and pick up Anderson and then we were on our way back to the base, exercise successfully completed. To say this layman was impressed, is to put it very mildly. The beautifully timed, coordinated efforts among the pilots, the crew and the corpsman demand a lot of respect, and you have the gut feeling that if you ever need it, you hope your rescue team is half as qualified.

New rules

I didn't know it at the time, but I went on one of the last repelling exercises ever done at NAS Fallon. I have since been advised that new regulations prohibit this means of descent; that now the chopper must sit down or lower team members by hoist.

The sun was bright and hot as we shed our flight suits and headed back to the clinic and noontime chow, but in no way was the heat stifling. The air was dry and the weather surprisingly comfortable.

Getting acquainted

After lunch I got better acquainted with the corpsmen at this most distant clinic of NRMCO.

I learned that Markie had been an under water corpsman assigned to the submarine SSBN WILLIAM ROGERS before he came to Fallon, and that he is an Eleventh Naval District volleyball and football star.

I met HM3 Robert Ohlarik, in on-the-job training as an X-ray technician. This fellow produces some of the most beautiful pen and ink drawings and water color paintings you would want to see.

HM1 Henry "Hank" White, an independent duty corpsman whose function at the Fallon Clinic is administration, is an elder in the Latter Day Saints church, while HM3 Ken Warswick is an off-duty weekend deejay for KGLR, Reno—some 65-70 miles away.

McDonald plays the bass in a country western band while HA Ramon Bundalian is a tailor by trade, and both Chief Roy Youngblood and Lieutenant Powers are registered funeral directors.



NEARLY THERE—The wind rocks the Stokes litter carrying "Patient" Loper, as the hoist pulls him to the "Huey." A blowing tumbleweed joins the securely-strapped Loper for the ride.

I learned that all but two of the corpsmen are EMT certified, and three—including Calvin Clyburn, civilian Environmental Health Technician, Mackie and HM3 Gerald Earegood—are CPR-qualified instructors.

I admired "The Captain's Cup," a beautiful large rotating trophy presented by Base Commander Captain Roger C. Bos to the best division in sports on the base, and I heard that the clinic won through 18 events, covering all well-known sports, including golf, and I listened as the corpsmen told me that D. Bob Walker, now transferred, was "an inspiration and catalyst" for the clinic athletes.

I sat down with Clyburn to hear that he is a retired Chief Hospital Corpsman, and he told me of his responsibilities in the preventive medicine and occupational health program. In addition to performing sanitation inspections and monitoring with quality control, hazardous materials, etc., he assists the Pest Control Department, Public Works. There are a few field inspections at Fallon, he said, but the biggest pests are mosquitoes, and they keep them under control by spraying insecticide from the helicopter.

Time to go

It was time for an exit interview with Lieutenant Powers, and although by then I was convinced that I had milked out all the items of interest about this clinic base, I was in for still more surprise.

"Who's that two-star I saw drive by a little while ago?" I innocently asked. "That Rear Admiral heads up a visit inspection team now on base—inspecting mess halls, quarters, etc.," he replied. "Fallon has won the Navy's Bronze Hammer for its self-help projects, and is one of the finalists for the Ney Award (for most outstanding mess in the Navy)."

(Continued to page 7)

allon

Continued from page 6



JR-WHEELER—Fallon's Clinic has a two-wheel drive ambulance to reach injured on Sand Mountain or other snow-packed peaks. HN Carol Rouse, a woman in the dispensary, is barely distinguishable alongside the vehicle in photo. She is qualifying to become ambulance driver.

Zumwalt Award for the most outstanding quarters." Lieutenant Powers told me of the base and drive a few months previously and stated that more than 50 percent of his personnel donated. "Furthermore," he said, "ALL of the personnel who took the test for advancement were selected." "The morale at this place is so high that retired personnel come back in and volunteer their services at no cost to the government," he continued. He cited especially Ms. Madeline Triguero, a former service clinic nurse who retired after 15 years' duty. She comes back every

"... THE MORALE AT THIS PLACE IS SO HIGH RETIRED PERSONNEL COME BACK IN AND VOLUNTEER THEIR SERVICES AT NO COST. ..."

Thursday to volunteer help, he said. "And then there's SA Vanessa LeBlanc, who works in the air station's Administration Department. She's a striker applying for corps school and every Wednesday afternoon she comes over to the clinic for on-the-job training."

Lieutenant Powers said the novel and practical idea of fitting out a survival vest to carry medications on SARs originated at the Fallon Branch Clinic with a corpsman named Gann who, although a member of a combat air group, was on temporary duty with the NRMCO clinic at the time he came up with the idea.

Before he could list any more accomplishments we received word that our plane was ready for the return trip. Mr. Kellogg and I bid our farewell to the clinic staff and boarded the aircraft.

Diversion

We soon learned that the plane was not returning directly to Alameda. We'd take the "scenic detour" via Monterey and Miramar (near San Diego) Naval Air Stations, to transfer a whole contingent of officers we assumed to be students of the U.S. Naval Postgraduate School.

After further delays in unloading at Miramar, and encircling the East Bay several times before permission to land, we eventually made it to our respective homes about 11 p.m.

A very long and full day indeed, but one most rewarding—for take it from me, the NRMCO team at Fallon is one of which we all can be proud.

Little acorns...

Naval Regional Medical Center Oakland recently gained more "family" members, born here to staff personnel. They are:

A boy to Captain David Q. Wilson, Regional Health Care Coordinator, and his wife, Lieutenant Mary A. Renfro of the Physical Therapy Department, Sept. 14.

A girl to Lieutenant and Mrs. Robert E. Hamilton, Dental Clinic, Sept. 19.

A girl to Lieutenant and Mrs. John F. Polito, OB-GYN, Sept. 22.

A boy to DTC Bobby E. and Mrs. Nolen, USCG Dental Clinic, Alameda, Sept. 25.

CHAMPUS

New Year starts for deductible

Oct. 1 marked the start of a new year for CHAMPUS outpatient deductibles.

Defense Department officials remind the program's beneficiaries that a deductible satisfied during FY 1978 (Oct. 1, 1977 through Sept. 30, 1978) cannot be applied to care received after Sept. 30. A new outpatient deductible will have to be satisfied for FY 1979.

The outpatient deductible is the initial amount a beneficiary must pay each fiscal year before CHAMPUS assistance is available for outpatient expenses. For an individual, it is the first \$50 of authorized outpatient charges in a fiscal year. For a family of two or more beneficiaries filing claims, the maximum deductible in a fiscal year is \$100.

Hiring down, but may go up

Recent Federal hiring from eligibility lists has been well below normal (157,000 in 1977 compared to an average 192,000 yearly for the past 10 years).

About 167,000 new hires are expected by the end of 1978. Increased hiring is expected due to turnover, more employees eligible for retirement, and the impact of reorganization on retirement.

Due to intense job competition, the Civil Service Commission (CSC) is accepting applications only for occupations in which agencies anticipate a need, and for which CSC has an inadequate supply of quality eligibles. (U.S. CIVIL SERVICE COMMISSION)

Looking for job?

The San Francisco USO is ready to help with advice on local employment opportunities, and in getting up a resume to enhance your image in the eyes of possible future employers.

Employment counseling is one of the many services offered by the USO in addition to the well known recreational opportunities for service personnel and dependents.

Contact San Francisco USO Center, Airline Terminal, 375 O'Farrell, telephone 776-3100.

Navy won't fight sea women ruling

The Department of the Navy has recommended to the Department of Justice against appealing the ruling of Federal District Court Judge John Sirica assigning of Navy women to duty aboard ship.

On July 27, Judge Sirica ruled that a law which prohibits assignment of women to Navy ships other than hospital or transport vessels is unconstitutional, and

prohibited its enforcement.

The effect of the judge's decision is to grant the Secretary of the Navy discretion to determine how and under what circumstances women will serve at sea.

Current plans call for the orderly implementation of the plan to send women to sea. This is in keeping with Judge Sirica's directive for the Navy to "move forward in measured steps." (CNO NEWSGRAM)

Doctors sought for active duty

The Department of Defense (DoD) has awarded a contract to MED-SEARCH, a medical recruiting consulting firm in Washington, D.C., to sign up doctors for duty in the Armed Services.

DoD expects the fee will be \$9,951.66

per physician who is successfully recruited for one of the three medical corps.

This is a pilot test program initiated to overcome the acute shortage of doctors in the Armed Services. (AFPS)

Some APOs Go To Zips

APO and FPO addresses for Alaska and Hawaii were discontinued last year and replaced with ZIP code addresses. As of Sept. 6, 1978, all mail addressed to these APOs and FPOs is being returned to the sender.

To ensure that mail to the military locations in these two States is addressed correctly, check the following list of discontinued APOs and FPOs in Hawaii and Alaska with the proper replacement ZIP codes:

Discontinued APO/FPO	ZIP Codes Official	ZIP Codes Quarters and Residence
APO 96225	Schofield Bks, HI 96857	Wahiawa, HI 96786
APO 96283	NONE	Honolulu, HI 96818
APO 96341	Hawaii National Park, HI 96718	Hawaii National Park, HI 96718
APO 96438	Tripler AMC, HI 96859	Honolulu, HI 96819
APO 96515	Wheeler AFB, HI 96854	Wahiawa, HI 96786
APO 96545	Schofield Bks, HI 96857	Wahiawa, HI 96786
APO 96553	Hickam AFB, HI 96853	Honolulu, HI 96818
APO 96553	Hickam AFB, HI 96853 (BELLOWS AS)	Waimanalo, HI 96795
APO 96557	Schofield Bks, HI 96857	Wahiawa, HI 96786
APO 96558	Ft. Shafter, HI 96858	Honolulu, HI 96819
FPO 96610	Pearl Harbor, HI 96860	Honolulu, HI 96818
FPO 96610	Camp Smith, HI 96861	Honolulu, HI 96818
FPO 96611	Barbers Point, HI 96862	Ewa Beach, HI 96706
FPO 96612	Waianae, HI 96792	Waianae, HI 96792
FPO 96613	Wahiawa, HI 96786	Wahiawa, HI 96786
FPO 96615	Kaneohe, HI 96863	Kailua, HI 96734
APO SEA 98731	Fort Wainwright, AK 99703	Fort Wainwright, AK 99703
APO SEA 98732	Fort Richardson, AK 99505	Fort Richardson, AK 99505
APO SEA 98737	Eielson AFB, AK 99702	Eielson AFB, AK 99702
APO SEA 98742	Elmendorf AFB, AK 99506	Elmendorf AFB, AK 99506
APO SEA 98749	Fort Richardson, AK 99505	Fort Richardson, AK 99505
FPO SEA 98771	Juneau, AK 99801	Juneau, AK 99801
FPO SEA 98774	Anchorage, AK 99501	Anchorage, AK 99501
FPO SEA 98776	Ketchikan, AK 99901	Ketchikan, AK 99901

SF USO Center at your service

The San Francisco USO Center offers a variety of continuing services to the man or woman in uniform.

It offers free or discount tickets to movies, shows, theatre, sports events and tours.

It provides free coffee, tea and doughnuts, writing paper and typewriter, musical instruments, vending machine, iron and ironing board, personal care supplies for shaving, mending or first aid... and yes, even a wake-up service.

There are informal workshops on career planning, chess, cooking, dancing, guitar, languages, photography and piano.

You can avail yourself of a free library containing books, magazines, pamphlets; watch color TV, play a game of ping pong, pool or pinball, or dance the night away.

If you need information, the center provides it on transportation, travel, museums, shops, military bases, employment, education, local events, motels, hotel-restaurants, car rental, maps, brochures, religious materials and churches.

For the troubled, there are crisis intervention, counselling and referral services for drugs, alcohol, family, marital, financial, medical, lodging, food, legal or personal.

The USO is open Monday through Thursday from 10 a.m. to 10 p.m.; Friday and Saturday, 10 a.m. to 11 p.m.; and Sunday, noon to 8 p.m. It is located at 37 O'Farrell Street in the downtown area terminal; telephone (415) 776-3100.

Salute to veteran

(From page 1)

He is magnanimously civic-minded. Hundreds of schools, orphanages and hospitals in several dozen lands came into being and continue to exist only through the sweat and charity of the American veteran.

His name? Take all the names in all the telephone directories throughout the nation and add several million more who were veterans before telephones had become a way of life, and the list would be almost complete.

How old is the American veteran? He's as young as the rawest recruit that swore his oath of enlistment today, and as old as the nation itself. American veterans of battles at Vosges and St. Vith and in Vietnam and elsewhere stand with their peers of all nations who have defended human freedom, right and dignity throughout history.

What is the American veteran? He is the very lifeblood of America—an American who is ready and willing to, and has on frequent occasions, shed his own blood to keep that nation, and the spirit upon which it was founded, alive. (AFPS)



Holiday bazaar slated Nov. 17

The Naval Regional Medical Center Officers Wives Club will hold its annual Christmas Bazaar Nov. 17 from 11 a.m. to 7 p.m. in the Officers' Club.

Christmas goodies, stocking stuffers and wares will be available.

Everyone is welcome, a club spokesperson said and admission will be free.

Chapel Schedule

All staff, patients and visitors are welcome to come to any of the following services scheduled in the Chapel of Hope on the third floor, Building 500. The chapel is open and available at all hours for personal use when services are not being held.

CATHOLIC MASS
Sundays..... 8:30 a.m.; 12 noon
Weekdays 12 noon
PROTESTANT WORSHIP
Sundays..... 10:30 a.m.
Mid-week devotions (Wednesday)
..... 12:30 p.m.



Have a happy Thanksgiving Day!



Thanksgiving is a time for appreciating that which we have, a time of remembering our past heritage, realizing our present abundance, and planning for an even better future.

I express my gratitude to each staff member for your past year of dedicated assistance.

May you and your families enjoy this holiday to the fullest.

W.M. Lonergan

Rear Admiral, MC, U.S. Navy

Commanding Officer



MENU

THANKSGIVING DAY
November 23, 1978, 11 a.m. to 1 p.m.
Naval Regional Medical Center
Oakland, California

Appetizers

Shrimp Cocktail

Fruit Cup

Soup

Beef Consomme

Salads

Winger Ale Salad

Chiffonade Salad

Entrees

Roast Turkey with dressing and cranberry sauce

Roast Prime Rib au Jus

Broiled Salmon Steak with melted butter and lemon wedge

Vegetables

Mashed Potatoes with Giblet Gravy

Green Beans Almondine Mashed Potatoes with Giblet Gravy

Desserts

Pumpkin Pie

Blueberry Cheese Cake

Assorted Ice Cream

Beverages

Coffee

Milk

Tea

Carbonated Drinks

THE OAK LEAF

Naval Regional Medical Center, Oakland
Vol. 40 No. 22 Friday, November 17, 1978

BuMed named safest major Navy command

The Secretary of the Navy has announced the 1977 awards for achievement in safety ashore, and the major command award was earned by the Bureau of Medicine and Surgery.

Runners-up were Naval Air Systems Command and Commander, Naval Air Force, U.S. Atlantic Fleet.

The activity award was earned by the Naval Electronics System Engineering Center, San Diego. Runners-up were 1st Marine Division (REIN), Fleet Marine Force, Camp Pendleton, and Naval Air Station Oceana, Va.

Mr. Leonard M. Kempf is Safety Manager for the Bureau of Medicine and Surgery.



DIABETES DETECTION—Dr. Robert B. Tattersall (far right), a specialist in diabetes from Nottingham, England, explains a home glucose self-monitoring device to Doctors (l to r) Martin Adler, Richard Bernstein, and David Esterich. The scene was a recent Oak Knoll meeting of the Northern California Affiliate of the American Diabetes Association. Naval Regional Medical Center Oakland, sponsored a week-long visit of Dr. Tattersall for lectures here on his specialty.

A letter to the editor:

I sat in the lobby at Oak Knoll Naval Hospital the other morning while I waited for my wife to complete one of those tests only a doctor could conceive to be taken so early.

Sleep was still in my eyes and weariness from the previous day's labor clung to my bones like a shroud.

Two young sailors attracted my attention as they hurried past me. One carried "Old Glory" tightly tucked under his arm. They went out the front door so I settled back in my chair, and as I did, I heard first call. When it was sounded I realized in those fleeting seconds that I had not heard a bugle call in 17 years, since I retired. Then to my delight I heard the Star Spangled Banner float stirring over the room, and I must admit it made my heart beat a trifle faster.

Beware Of Old 'Ptomaine Tom'



During the holidays, "scrumptious" meals are prepared in dining halls and homes. Refrigeration space is taxed and pots which haven't been used for some time are brought out. Highly vulnerable foods, such as turkey, ham, giblet gravy, dressing, cream-topped pumpkin and mincemeat pie, are served.

But lack of attention to proper food handling and sanitation in preparing and serving these holiday specialties can result in food poisoning.

One of the major causes of food-related illness has been roasting whole turkeys with the abdominal cavity filled with dressing. The problem is getting the internal temperature high enough to cook the dressing without burning the outside to a crisp. This can be prevented by baking the turkey and the dressing separately.

Another cause of sickness is merely warming and not boiling the giblet gravy. Leaving vulnerable foods on the buffet or table too long at a low temperature range between 45-140 degrees is also asking for trouble. This is the range at which bacteria and toxins develop rapidly.

At home parties or buffets, insure that hot foods are kept hot (well above 145 degrees) and cold foods are kept cold (below 45 degrees). Food should not be left out for several hours after cooking.

Some simple rules to remember are: thaw frozen foods in the refrigerator and not at room temperature; adequately heat foods that are served hot; cover and refrigerate left over foods immediately and try to use them within 24 hours. (AFPS)

Our flag... Our nation... Our youth...

I arose and went to the window—out of curiosity more than anything else—and watched the two young sailors who had hurried past me hoist the Colors, and when "Old Glory" was two-thirds up they took one step back and saluted smartly, standing rigid, proud and erect until the last note of our National Anthem faded into the new day.

It gave me a feeling of warm pride as I watched those two young sailors, **HN Michael K. Cross** and **HN James R. Stalter** (both of Operating Management) carry out their duty, and I know that in spite of vocal dissidents, our nation would be saved as long as there were young Americans like Cross and Stalter who take pride in rendering proper honors to our flag, "Old Glory," a symbol of freedom throughout the world.

CARL L. BROWN
Captain, USAR, Retired
Hayward

Chaplain's Corner:

The creative energy of man

By Captain Owen A. Hardage, CHC, USN

In her book, "The Sea Around Us," the late Rachel Carson has a chapter on wind and water, and she describes the effects of coastal storms.

Along a rocky coast, for example, the waves of a severe storm are likely to be armed with stones and rock fragments. Once a rock weighing 135 pounds was thrown higher than the lightkeeper's house on Tillamook Rock, 100-feet above sea level. As it fell, it tore a 20-foot hole through the roof. She mentions a lighthouse, which stood on the summit of a cliff 300-feet high, in which windows and lights were repeatedly broken by stones from the cliff and tossed like confetti by the waves!

There have been many ideas put forth to harness the great energy of the sea. Some of these envision using the tides to generate electricity. Others concern the chemical content of the water.

Yet there is an ever-greater source, even more readily available, that has hardly begun to be used. This is the creative energy of men. The creative energy to be found in human beings. Too often we have failed to see the possibilities of people as a group, and as individuals, have to offer. We sell ourselves short and ignore our own futures.

One of the ways to harness this latent energy is to direct it to something outside of one's self. Just as the ocean is of no effect until it moves something, so our lives count little until we "move" those of the world we meet.

Do we need help for this plan? We sure do! It's readily provided by the Spirit of God, given to all who will truly seek Him.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM W. M. Lonergan, MC, USN, Commanding Officer

CAPT Louis V. Pulicicchio, MC, USN, Director of Clinical Services

CAPT Hubert H. Sowers, MSC, USN, Director of Administrative Services

LCDR Charles R. DeKrey, MSC, USN, Assistant Director of Administrative Services, Public Affairs Office

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland 94627

ide in Naval Service'

Sailor of Month now at TI

's been gone from center headquarters about a month but Naval Regional Medical Center Oakland's Sailor of Month (for August) is still very much a member of the

HM2 Anthony C. Cardinale III, formerly weekend supervisor of the Microbiology Section of Laboratory Service here at Oak is now the Medical Technician in charge of the laboratory at NRMCO's Treasure Island Branch Clinic.

Only last month he was called into Rear Admiral W.M. Morgan's office to receive the Sailor of the Month award commendation signed by the Commanding Officer. He is cited for demonstrating qualities characteristic of a prior laboratory technician, a compassionate concern for patients and an intense desire to increase his technical expertise. The hospital corpsman was also praised for his teaching and voluntary assistance to other sections.

OAK LEAF asked Hospitalman Cardinale his career target, he replied, "My ultimate goal is to be commissioned into Allied Health Sciences Branch of the Naval Medical Service Corps."

The young Danville, Calif. native also had some comments to make about being selected the command's Sailor of the Month. He said,

"I would like to take this opportunity to publicly thank each member of the selection committee for choosing me. I take great pride in the Naval Service and this is an award which I always cherish.

"I feel that I must also extend thanks to my wife Veree, for without her support this award wouldn't have been possible. I would also like to express my gratitude to the administration of the laboratory—namely, Capt. Poley, Chief of Service; Commander Warren, Administrative Assistant to the Chief of Service, and Lieutenant Rockhill, who in my opinion, is one of the finest scientists, department managers and microbiologists in the Navy. It is with the continued support of these fine professionals that I was able to learn and benefit," he continued, "Perhaps the most climatic experience as a part of this award was the graciousness of our commanding officer for allowing me to pose for a snapshot sitting in the chair behind his desk. The entire ceremony was a priceless memory and I sincerely thank the Admiral and Master Chief for it. A final word of appreciation is due to everyone who was able to attend the award ceremony. My family and I were completely overwhelmed by the attendance and we thank you very much. I would like to say that this is an award that every sailor dreams about. I have strived to follow examples set by the commissioned officers and senior petty officers that I have had the pleasure of being associated with throughout my career thusfar. I only hope that I become as fine a leader as these individuals and can lead my subordinates up the ladder

of Naval success as I have been led."

Cardinale, the son of Anthony C. Cardinale, Jr. of Pacheco, and Mrs. Eileen Witt of Antioch, has had nearly six years' Navy service, about two of them here at Naval Regional Medical Center Oakland.

After recruit training, he attended Hospital Corps School at Great Lakes, Ill., and has previously been stationed at NAS Jacksonville, Fla. and the National Naval Medical Center, Bethesda, Md.

Hospitalman Cardinale has 63 semester hours with George Washington University and will complete his bachelor's degree through NCFA (Navy Campus for Achievement). He is also a graduate of the Advanced Medical Laboratory Technician School, and as a result of his Naval training is board-certified by the American Society of Clinical Pathologists as a medical laboratory technician.

The corpsman and his wife have moved from their former home in San Leandro to quarters on Treasure Island, where (as you might have guessed) Corpsman Cardinale spends his free time reading professional laboratory journals and texts "to stay abreast of current methods and trends."



HM2 Anthony C. Cardinale III

Tickets go on sale for ball

Tickets are now on sale for the Dec. 15 Christmas dinner and dance sponsored by the Officers Wives' Club in Naval Regional Medical Center Oakland's Officers' Club.

There are a limited number of tickets available at \$9 per person, a spokeswoman said, and Dec. 8 has been set as a deadline for reservations.

Bazaar on today

The Naval Regional Medical Center Officers Wives' Club is holding its annual Christmas Bazaar today from 11 a.m. to 7 p.m. in the Officers' Club.

Christmas goodies, stocking stuffers and home-made wares will be on sale, providing a good opportunity for early holiday shopping.

Everyone is welcome and admission is free.

The festive ball will feature a prime rib dinner and dancing to the music of Ocean Express.

A club representative will be on hand in the Officers' Cafeteria, third deck, Bldg. 500, every Tuesday from 11:30 a.m. to 12:30 p.m. to sell tickets to those interested, or call Donna at 568-4565 or Nancy, 582-9463, to place your order.

New YMCA fitness center offers post-stroke therapy

The San Francisco Central YMCA at 220 Golden Gate Avenue has opened a new Physical Fitness Center.

The YMCA Post-Stroke Adapted Exercise Program will be just one of the programs to use the new fitness center. The Post-Stroke program provides individuals who have suffered from stroke an adapted exercise program to help regain some of the physical abilities the victims once had.

For further information, call (415) 885-0460.



At the costume ball

Center medics, along with the staff, got together for one big laugh. Cowboys, Mounties and clowns... danced with mice (and men in gowns!)

Here are but a few random pix of NRMCO people getting their kicks. Furnish IDs we cannot do— Could be there's one of you?



(Editor's Note: It just so happens that the "hippie-beatnik-activist" in the photo at left is one of the most mild-mannered, conservative-appearing Medical Service Corps officers at Oak Knoll. His getup for the party adds credence to the belief that a masquerade gives everyone an opportunity to play opposite character. No—we can't single him out for identification here, but the Laboratory might provide a clue.)



U.S. Navy photos
by
HMC Steve Spring

Navy junior enlisted (E1-E4) now eligible family travel, vehicle shipment overseas

A seaman, even if he has less than two years service, now is eligible to ship his family and household goods to, from, or between overseas duty assignments at government expense.

Effective Oct. 17, both single and married junior enlisted personnel (E-1 through E-4) can receive travel and transportation for their families in the same manner as more senior personnel when assigned overseas.

The new travel allowance was included

in the FY79 Appropriations Bill recently passed by Congress and signed into law by the President. As a result, junior enlisted, including bachelors, who are assigned overseas, are now eligible for full travel and transportation allowances, including shipment of privately owned vehicles.

In the past, junior enlisted Navy people with dependents were assigned to unaccompanied tours when transferred overseas and did not have the option to

choose an accompanied tour. This option is now available.

Further information on eligibility and procedures is contained in NAVOP 127/78.

In another action, BuPers authorized payment of the Selective Reenlistment Bonus and Enlisted Bonus (SRB/EB) after the President signed the FY79 Defense Authorization Act.

Details are in NAVOP 127/78.

Procedures revised on high-value household shipping

Jean Backeberg of Personal Property Division, Naval Supply Center Oakland, has written OAK LEAF requesting that Naval Regional Medical Center Oakland personnel be advised that the Department of Navy has recently revised procedures for handling "high value" items when a member ships household goods.

In the past, she said, high value, easily pilferable items of substantial value have been inventoried, packed and usually shipped separately by a contract mover.

Now a member will have to prepare an inventory of items having a value of \$200 or more which would otherwise appear as line items on carrier-prepared inventories. These items will then be packed and shipped with the rest of the household goods.

Ms. Backeberg stated that there will be no separate packing or shipment of high value items unless such service is specifically requested and the service member insures the shipment at full coverage at his own expense.

The procedures were revised by the Navy on July 1

MARIP underway in local quarters

Maintenance and repair inspection, designed to identify problem areas not taken care of during normal routine maintenance, has begun on family housing units in the San Francisco Bay area including those at Naval Regional Medical Center, Oakland.

The MARIP (Maintenance and Repair Inspection) Program is being accomplished by Facility Inspectors assigned to the Engineering Department of the Navy Public Works Center.

Results of inspections assist housing managers to better identify valid maintenance and repair requirements, including structural, mechanical, electrical, grounds, roads, streets and utility distribution systems.

These inspections are accomplished during a three-year cycle. Information gathered and developed during these studies will be used to verify the present maintenance and

repair requirements and will become the basis for developing both short and long range maintenance and repair plans. Additionally, a Public Works spokesman said, inspections provide needed data for repair project development, energy conservation projects, and improvement project development.

Family housing units at Naval Air Station Alameda and Hamilton Air Force Base have already been inspected. Housing inspections are underway at Naval Support Activity, Treasure Island; Naval Supply Center, Oakland; Oakland Army Base, Point Molate; and Naval Regional Medical Center Oakland.

The Navy Public Works Center Oakland is responsible for the operation, maintenance and assignment of military family housing in the San Francisco Bay area.

UNC program

Monday last day for '78 signup

Monday will be the last day to register for the final class (December) for 1978 with the University of Northern Colorado at Treasure Island.

Mr. Jack Freese from the main campus will conduct a seminar in Management Information Systems for Health Care Facilities, a master's in business class.

Dr. William Parkos, Academic Advisor from the university in Greeley, Colo., will be in the San Francisco area Nov. 30 and Dec. 1 to meet with those students who are currently enrolled or any students interested in the master's program. He will be at Letterman on Nov. 30; Dec. 1 morning at Oak Knoll Education Center, Dec. 1

afternoon in the office on Treasure Island. If you wish an appointment with him, please contact Ms. Meredith Ditmore, Area Coordinator, at 397-1079, 433-6959, or 561-3693.

Currently enrollments in the Master of Science degree in Business Administration, with emphasis in Health Care Administration, are restricted to active duty servicemen, their dependents and civilian employees of the base. However, if there are sufficient numbers of interested students, the Health Care program at San Francisco will be opened for civilian participation.

Further information is available from Ms. Ditmore.

SIU degree program opens to applicants

Southern Illinois University is currently taking applications at Naval Regional Medical Center Oakland for entrance into the Bachelor of Science Degree Program in Hospital Administration.

The Spring Semester will begin January, however, students may begin at the start of each six-week class. Classes are held every other weekend in Bldg. 75A, and professors are flown to Oakland from the main campus in Illinois to give these classes.

Admission is open to all active duty and dependents and tuition funding is available through the Veterans' Administration and Tuition Aid programs.

Degree completion time in 16 months is possible.

For further information, please contact Mr. Mike Manning, Coordinator, or Ms. Jan Bloomquist, Secretary, at 562-5757, 9 a.m. to 3 p.m. weekdays.

Off duty

SF businessmen host USO dinner

All military and their dependents are welcome to an old-fashioned Thanksgiving Dinner at the San Francisco USO, 375 O'Farrell St., at 4 p.m., Nov. 23.

There will be turkey, stuffing, gravy, cranberry, pickles, olives galore, plus an array of pumpkin, mince, apple, berry pies; cakes and sweet rolls of all types.

All the food is donated to USO by San Francisco hotels, restaurants and bakeries and is their way of saying thank you to all of you in the military on Thanksgiving Day.

A Thanksgiving thought

By Connie Watkins
Safety Office, NRMCO

Ah, the goodness of Thanksgiving Day!
We rest, and we eat, and we pray.
And let's do some thanks-giving
Because we are living—
And let safe habits KEEP us that way!



Football

Peds/OB retain crown

For the third straight year, the Peds/OB has captured the flag football crown, this time with an unblemished 8-0 record.

Sports officials said the winners just had too much speed for the rest of the

league. "With the crafty ball-handling of Quarterback Steve Baez and the always capable hands of Forrest Beaty," one said, "there was never any doubt who the class of the league was."

Running second in the league was

Nursing Service, sporting a 6-2 win-loss record.

Closing out the league with not-so-impressive records were BEQ, Medical Repair and NP.

Basketball season to begin here

The 1978-79 Intramural Basketball League is tentatively scheduled to start soon after Thanksgiving. Entry forms are available at Special Services, Bldg. 38.

League nights will be Wednesdays, starting at 6 p.m.

Contact Special Services at Ext. 2478/2479 for further information.

Misty redwoods site of footrace

The second annual "Misty Redwood" is a 7.6 mile trek through Redwood Regional Park, Oakland, will be co-sponsored by East Bay Regional Park District (EBRPD) and the Lung Association of Alameda County on Sunday, Dec. 10, beginning at 10 a.m.

Last year 165 runners entered the rugged event. Registration cost for this year's session is \$1.50 for pre-entry

(postmarked by Dec. 1) and \$2 on the day of the race.

For a flier outlining handicapping, divisions, awards, the race route and an entry blank, contact EBRPD by calling 531-9300, Ext. 249.

The course will begin up Stream Trail and return via East Ridge Trail and Pinehurst Road.

Tickets available for Dickens fair

Special discount tickets (general \$7.50/\$3.75 under 12) are now available at Special Services, Bldg. 38, for the 10th annual Dickens Christmas Fair, to be held six weekends, beginning tomorrow, at the San Francisco Cow Palace.

The Dickens Christmas Fair brings alive the character of early Christmas seasons in Merry Olde England. There'll be han-

dicraft sales, memorable food and continuous entertainment throughout the Fair, with non-stop performances in six theatrical areas.

The event, sponsored by the Living History Centre, will run Nov. 18, 19; Nov. 24, 25 and 26; Dec. 2, 3; Dec. 9, 10; Dec. 17, 23.

Military month at Sea World

San Diego's Sea World offers special savings to military families during "Military Month," Dec. 1 through Jan. 2.

An added attraction during this time is Sea World's annual Snow World. Between Dec. 16 and Jan. 1, almost 900 tons of man-made snow will create in the park's Foremost Bowl a winter wonderland of sliding and snowballing fun for younger guests. (Sea World provides the sliding mats.)

Discount coupons available at Special Services offer military families 30 percent off regular Sea World admission. During "Military Month" adult admission with the coupon will cost only \$5, and children will be admitted for \$2.95, with those under four years of age free.

Sea World's new \$2 million live shark exhibit and research facility is the largest in the world. Through panoramic viewing windows, guests may watch the fascinating behavior of a variety of seldom seen shark species.

Top show attraction is Shamu, the killer whale, appearing in "Shamu Goes to College." Five other exciting shows, four aquariums and 30 educational exhibits round out Sea World's family entertainment adventure.

Sea World is located off Interstate 5 on Sea World Drive.

Pepper called health hazard

Everyone knows that too much salt is bad for high blood pressure, but did you know that pepper can break your knee cap?

If you don't believe us, talk to Mary Takai, secretary to Captain Louis U. Pulicicchio, Director of Cinical Services.

Mary will be in a cast and on crutches for an estimated six-week period, all because of an entanglement with a bit of fluff and spice named "Pepper," who happens to be a feline.

The story is that Mary was walking up her driveway after work last Tuesday night, when the half-grown kitty-kat decided to liven things up by leaping between Mary's feet.

The startled secretary fell over the racing cat and took a nasty tumble in the drive, fracturing her knee and skinning her hand at the same time.

Now tell us "Pepper" isn't hazardous to one's health!

Tanner in No. 2 OCHAMPUS slot

Navy Captain Millard F. Tanner has been named Deputy Director of the Office of the Civilian Health and Medical Program of the Uniformed Services (OCHAMPUS), Denver, Colo.

Pending selection of a Director, Captain Tanner will also serve as Acting Director of the recently realigned organization that administers the Civilian Health and Medical Program of the Uniformed Services (CHAMPUS).

Alley help needed now

Have you ever worked in a bowling alley?

Do you have mechanical ability?

Naval Regional Medical Center Oakland Bowling Lanes is in need of a paid bowling alley attendant on Tuesday and Thursday evenings.

If interested, call Lorraine Carly, Ext. 2113.



NATIONAL OFFICER—Mervin F. Harris, a rigger employed with the Navy Public Works Center, San Francisco Bay, is the new national Vice President of the Fleet Reserve Association, an organization with more than 140,000 members and an annual budget over \$1 million. Harris, retired from active duty with the U.S. Navy, has also worked as a civilian with the U.S. Post Office and the Naval Supply Center, Oakland. (Public Works Center Photo)

Captain Tanner, a Medical Service Corps officer whose 35 years of Navy service includes 30 years in the health care field, has been Chief of Military Liaison and Staff Assistant to the OCHAMPUS Director since August. Previously, Captain Tanner served three years as Commanding Officer of the Naval Hospital, Port Hueneme, Calif.

Little acorns. . .

Naval Regional Medical Center Oakland recently gained more family members, born to staff personnel. They are:

A boy to Lieutenant Commander Richard L. Florio, Orthopedics, and his wife, Mrs. Ellen Louise Florio, Oct. 10.

A boy to Lieutenant Thomas M. Muse, ENT Clinic, and his wife, Mrs. Deborah Delores Muse, Oct. 12.

A boy to HM3 Frederick A. Ruddeck, NRMCO Clinic, NAS Alameda, and his wife, Mrs. Tamra Lou Ruddeck, Oct. 12.

A girl to Lieutenant David B. Moyer, Pediatrics, and his wife, Mrs. Caroline McFarland Moyer, Oct. 21.

Chapman offers master's degree

The Chapman College Residence Education Center at Naval Air Station Alameda is planning to begin a program of study leading to a master's degree in Business Administration during Term III, Jan. 8 through March 11, 1979.

Interested personnel are invited to contact the Chapman College office, telephone 869-3602, to obtain detailed information and necessary application materials for this program.

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Conversation turns from food to bells

He was an avowed vegetarian and she a dietician.

They both were taking a hop out of Alameda Naval Air Station to McChord Air Force Base in Washington when they met in July 1977 and the subject of their conversation was food.

Now, a year and a half later, he is no longer a vegetarian and the subject of their conversation is a wedding.

Naval Regional Medical Center Oakland's head dietitian, Lieutenant Kathleen Daugherty will become the bride of Coast Guard Lieutenant (Junior Grade) Robert Morrison in a formal wedding planned for Nov. 25 in San Francisco's St. Paul Lutheran Church.

The couple will honeymoon at Idyllwild in the high desert of Southern California for a week.

Lieutenant Morrison is stationed aboard the cutter USCGC BOUTWELL, homeported in Seattle. Lieutenant Daugherty has been at Oak Knoll since July 1976.

MOVIES

(Please note that showing times have been changed for the better convenience of patients and staff. All movies shown in the Clinical Assembly, Third Deck, Naval Hospital Bldg. 500).

Friday, Nov. 17, 5:30 p.m.

OUR WINNING SEASON—Scott Jacoby, Debora Bayne—Comedy, PG

Saturday, Nov. 18

2 p.m.

RAGGEDY ANN AND ANDY—Animated Musical—G

3:30 p.m.

BLACK AND WHITE IN COLOR—Jacques Dufilho, Claude Roubert—Comedy Drama, PG

Sunday, Nov. 19, 2 p.m.

GONE WITH THE WIND—Clark Gable, Vivian Leigh—Drama, G

Monday, Nov. 20, 5:30 p.m.

DAMNATION ALLEY—George Peppard, Jean-Michel Balthus—Science, PG

Tuesday, Nov. 21, 5:30 p.m.

HIGHBALLIN'—Jerry Reed, Peter Fonda—Adventure, PG

Wednesday, Nov. 22, 5:30 p.m.

ALMOST SUMMER—Bruno Kirby, Lee Purcell—Comedy, PG

Thursday, Nov. 23

No movie will be shown on Thanksgiving. Theater reopens on Friday.

Friday, Nov. 24, 5:30 p.m.

YOUNGBLOOD—Lawrence Hilton-Jacobs & Bryan Brown—Drama, R

Saturday, Nov. 25

2 p.m.

SINBAD AND THE EYE OF THE TIGER—Patrick Swayze, Taryn Power—Adventure, G

4 p.m.

SHOOT FIRST, DIE LATER—Richard Conte, Lucy Liu—Drama, PG

Sunday, Nov. 26, 2 p.m.

THE PINK TELEPHONE—Mireille Darc, Pierre Mondy—Drama, R

Monday, Nov. 27, 5:30 p.m.

STARSHIP INVASIONS—Robert Vaughn, Christopher Reeve—Science Fiction, PG

Tuesday, Nov. 28, 5:30 p.m.

BAD NEWS BEARS GO TO JAPAN—Tony Curtis, Earle Haley—Comedy, PG

Wednesday, Nov. 29, 5:30 p.m.

OLYMPICS, THE ETERNAL TORCH—Sports Special, 15 minutes, followed by main feature

WHISKEY MOUNTAIN—Christopher George, George Pierce—Drama, PG

Thursday, Nov. 30, 5:30 p.m.

GOODBYE NORMA JEAN—Misty Rowe, Terrence Long—Drama, R

Correction

Recently promoted Lieutenant Commander Charles M. Wood, MSC, was reported in a recent issue as assigned to the Branch Clinic, Mare Island, when he is actually assigned to the clinic at Treasure Island.

OAK LEAF regrets the error.